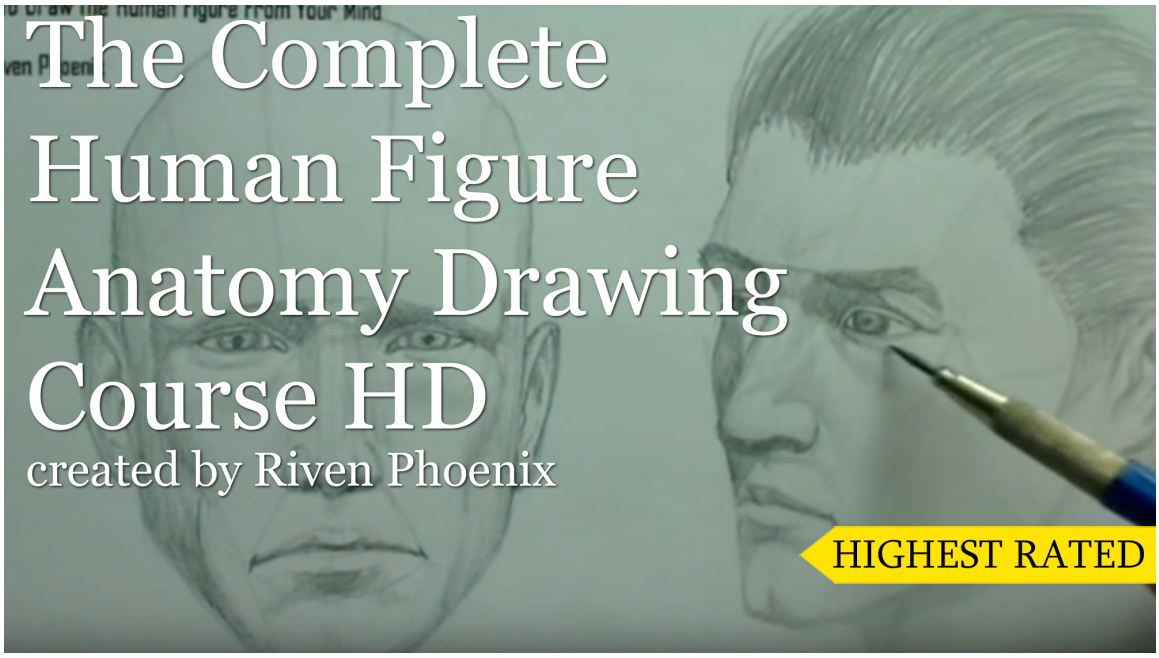

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 052 - The invention of the Foot

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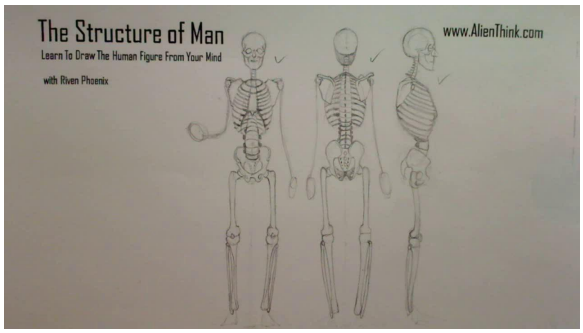
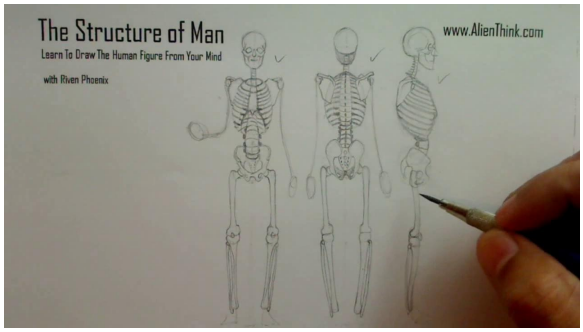
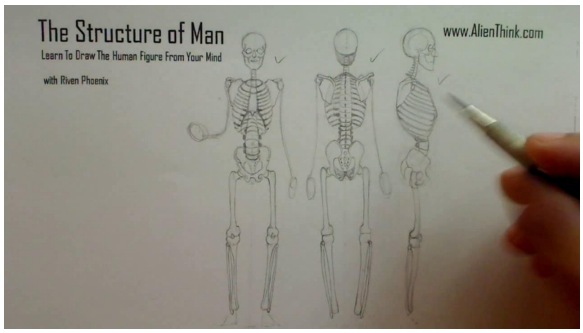
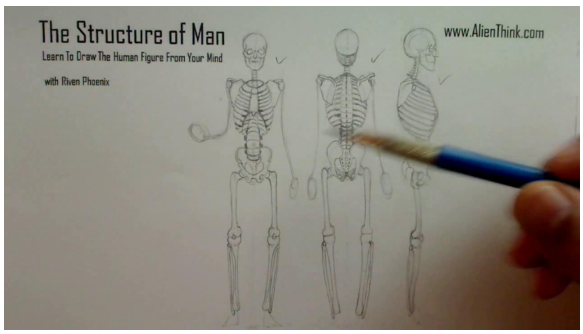
1		Hey guys, my name is Riven Phoenix and welcome to the structure of Man Learned to Draw
2		the Human Figure from your mind trading course.
3		Okay, so from the previous lesson here we've reached a significant milestone in drawing
4		out these structure and understanding of the skeleton system of the figure and now we're

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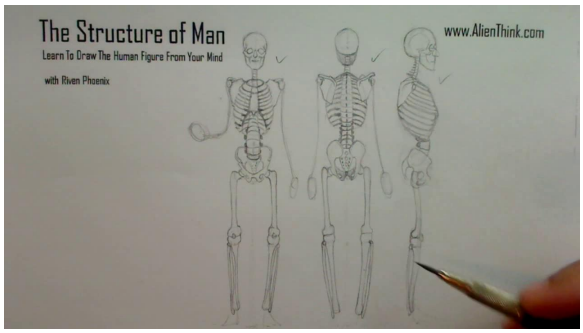
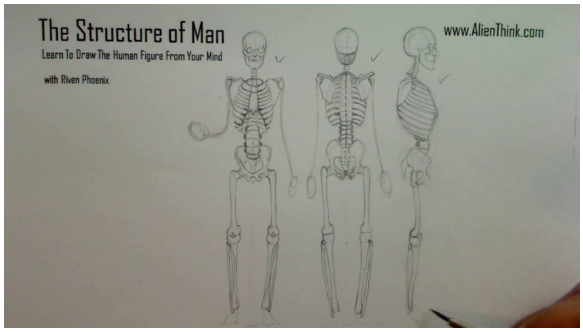
5		going to look at understanding the the foot, right, so we're going to invent the rules
6		and understandings of it as to how it's going to look.
7		So for this we really don't have to look at every bone of the foot, we only need to look
8		at the bones of the foot when we get to the muscle area and the reason for this is because

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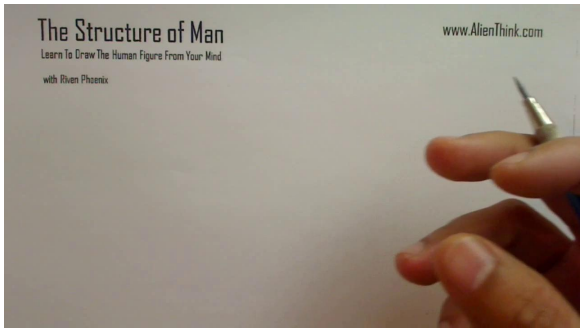
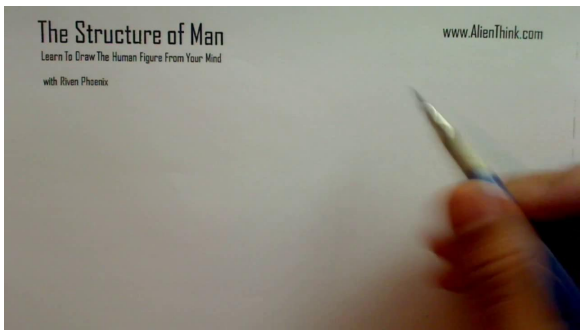
9		this is where we need to understand the foot more as a basic shape form than a bone form,
10		right, because in the end what's going to happen is once we understand the muscles of
11		the foot is just going to come down to basic shapes anyways.
12		Okay, so to understand the foot what we need to do is actually start out with a block

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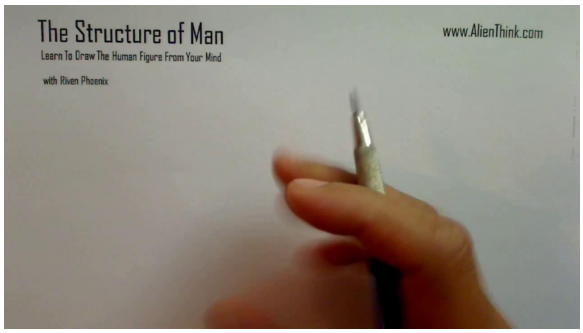
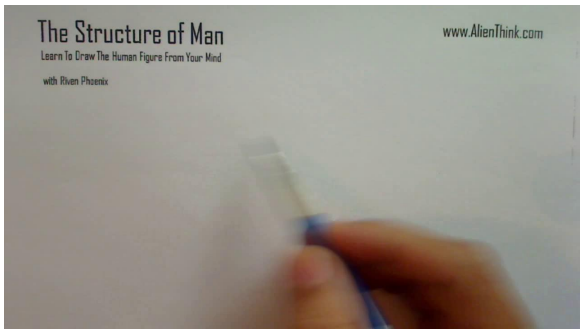
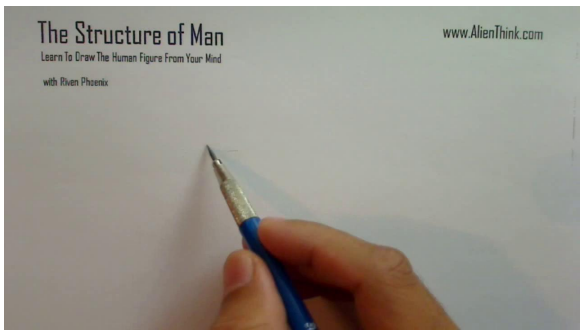
13		of wood and really chisel it out so we can start to form some kind of conceptual idea
14		and the minus to what's going on with it.
15		So to start out here we're going to draw out two boxes in 3D, so let's do it actually
16		about here.

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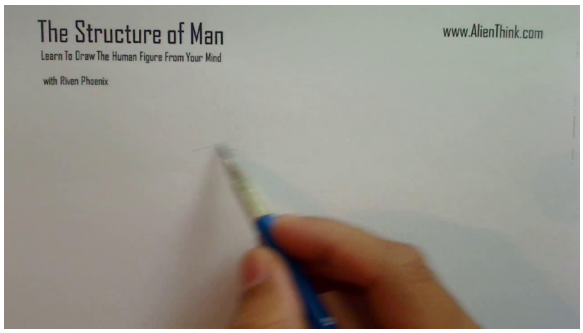
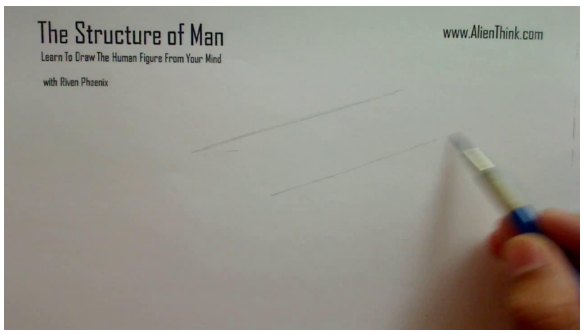
17		So here I'm just going to draw out a line like this over here, you can make this a
18		little darker, you can make it go and just draw about two parallel lines and here we
19		can draw this one in this way over here.
20		Okay, and we can make it go a little more further if you wanted to.

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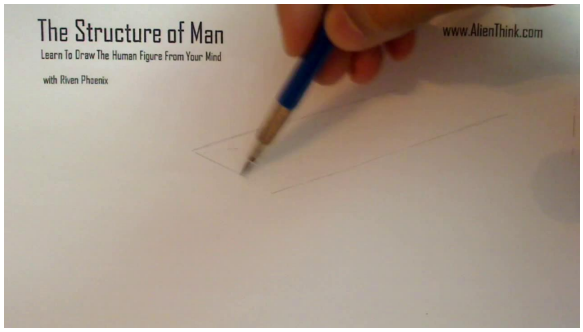
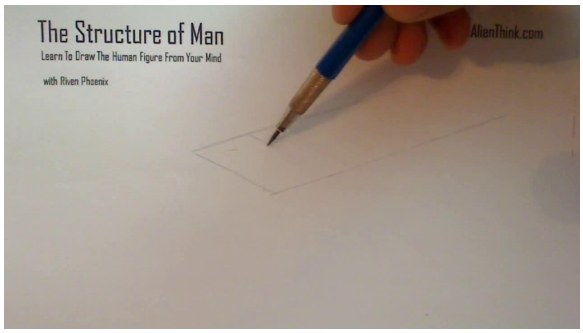
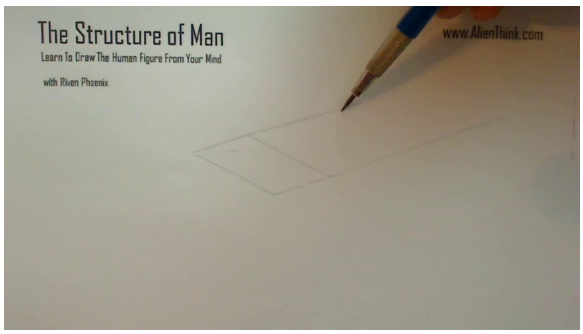
21		Basically we want to create two rectangular boxes, so here I'm just going to draw out
22		a line so you can see what I'm doing and here roughly just create like this rectangle
23		over here, right, so this is the top of that box and the other one we're going to space
24		it out, let's just space it out over here and see how this will work out for us.

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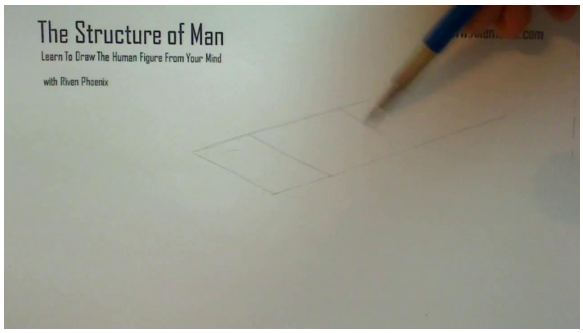
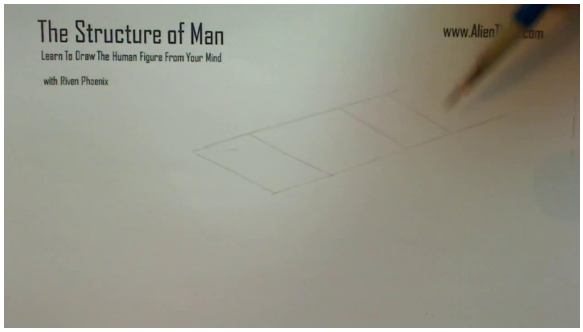
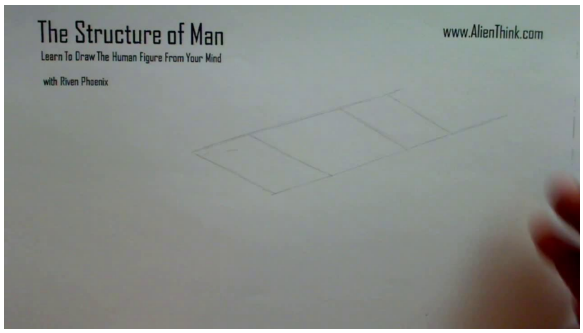
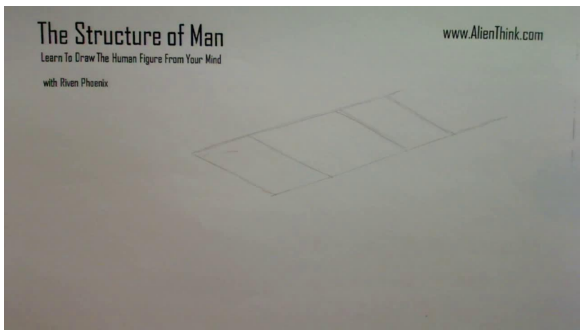
25		So do the same thing over here and basically give it about the same length over here in
26		this way.
27		So this gives us two boxes over here, right, so here and here.
28		So once we have this, we just need to remove this line here and this line here, right,

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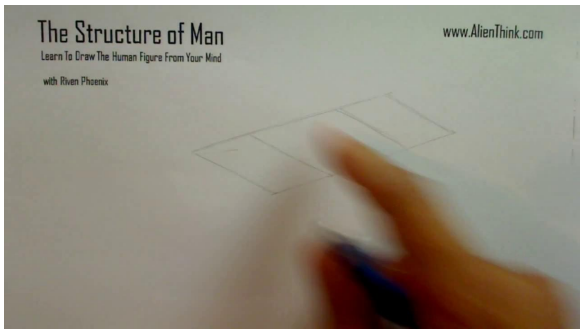
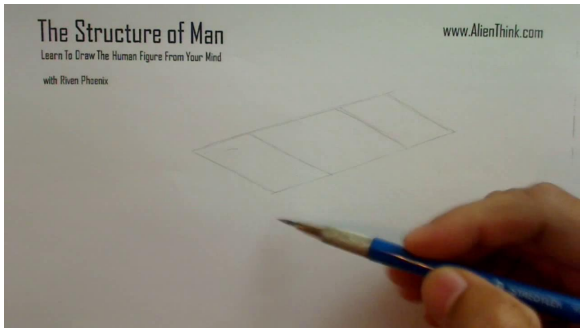
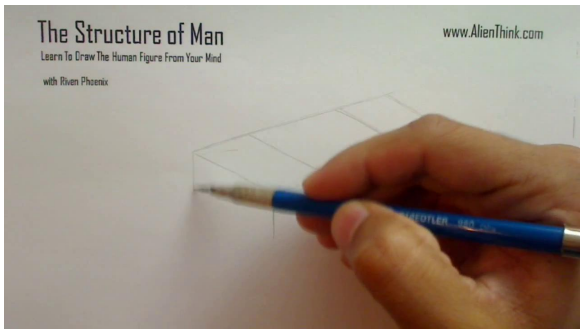
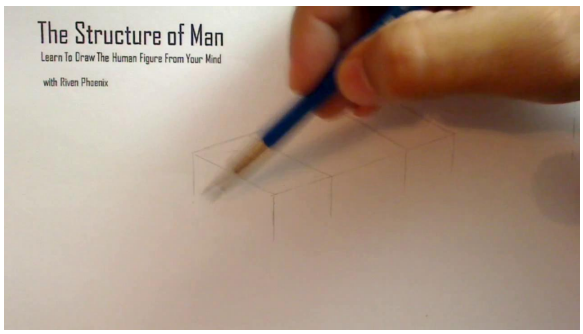
29		we'll remove these two lines in a second.
30		So here I just need to go down from here about this much and over here we'll do the
31		same thing over here.
32		So basically this should be about this big, this is fine, okay, so we're going to and

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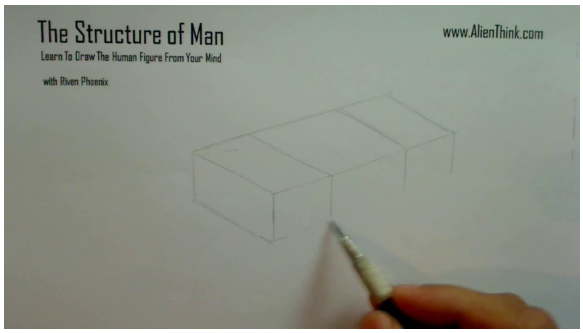
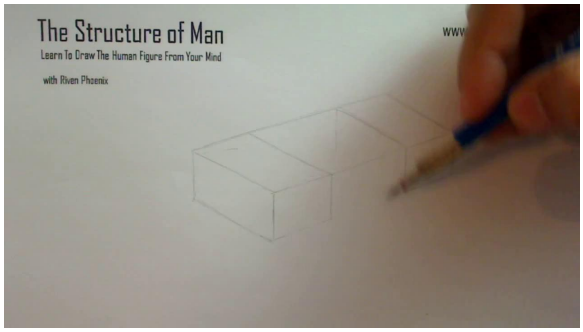
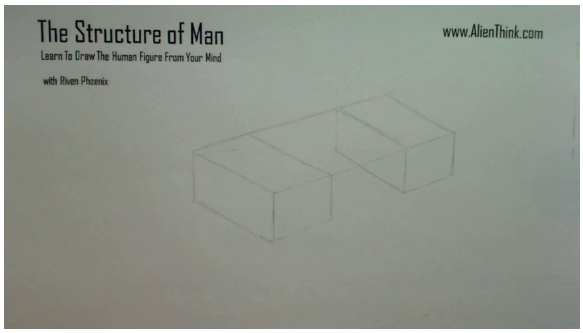
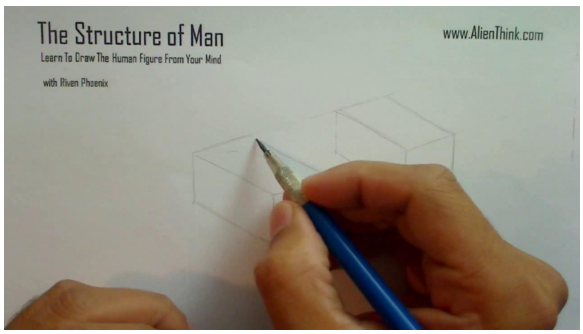
33		this one goes this way, basically this one should be this way, okay, and this one again,
34		same thing here, just make this box in this way.
35		So here we've got two boxes, right, so here we can just erase this line over here, okay,
36		so this is going to be the left and this is going to be the right, okay, so again, we are

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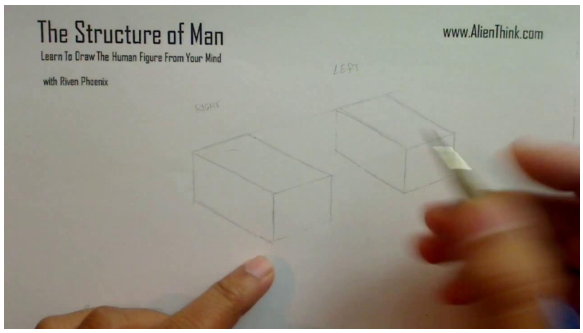
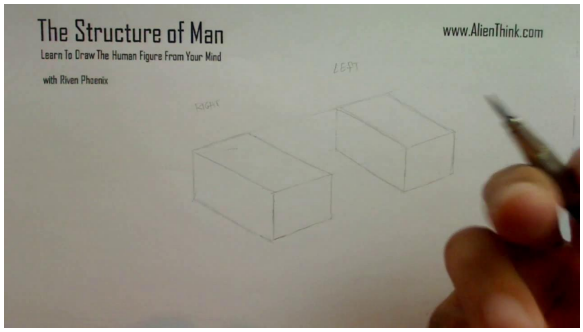
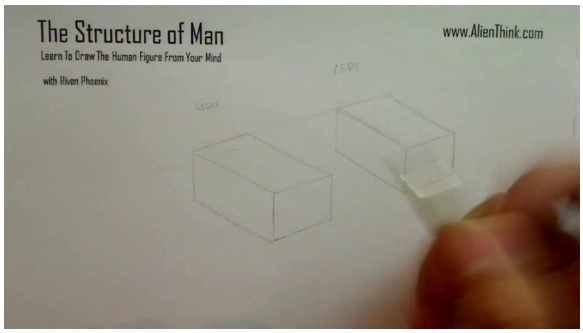
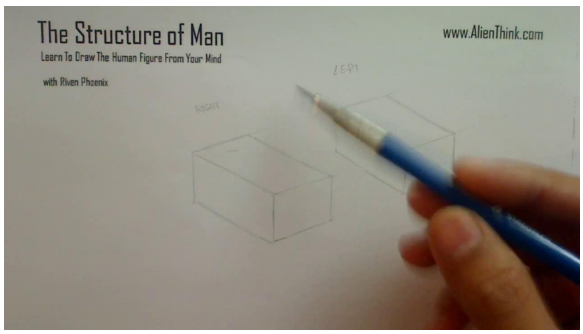
37		going to have to invent this conceptual idea of this thing we're going to call the foot,
38		right, and the foot's responsibility is obviously going to be able to do multiple things, one
39		is that it needs to be able to support the entire structure of this skeleton system that
40		we've created so far and it also needs the ability for it to be able to let's say walk

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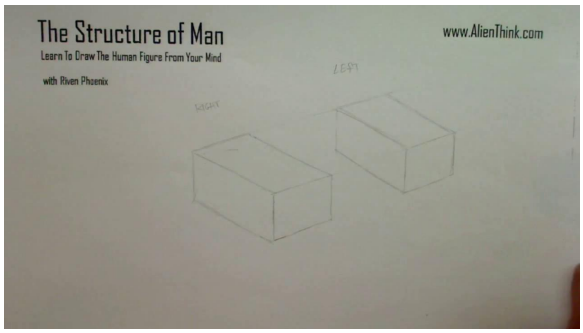
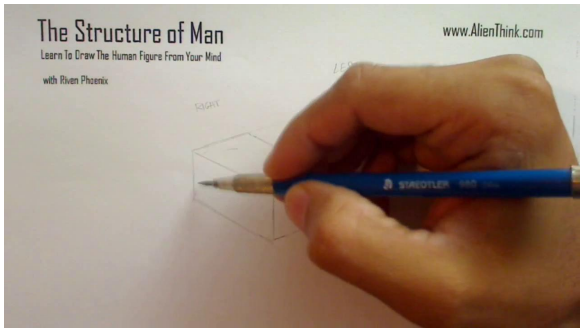
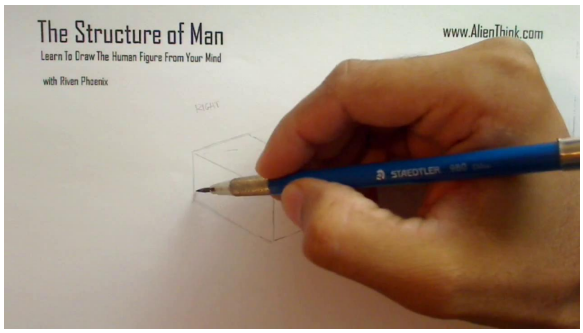
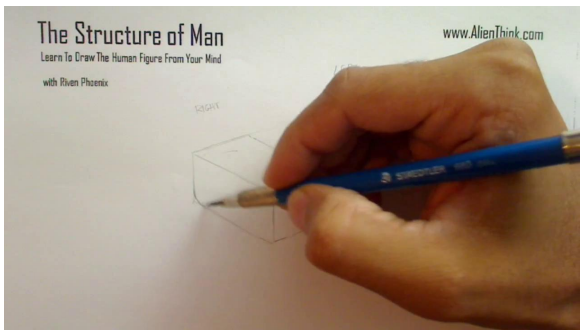
41		and run, right, so what we'll do is first we'll solve that problem, how are we going to
42		make this guy stand up on these two devices?
43		So the first thing is here we're just going to curve this from here like this here for
44		the back.

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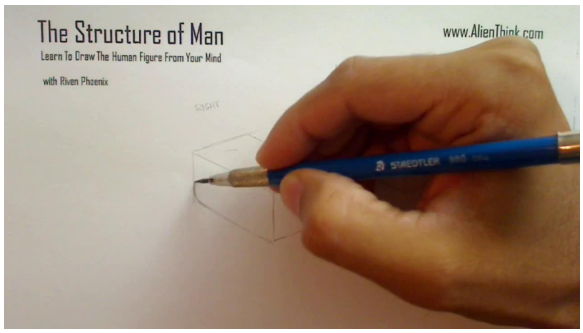
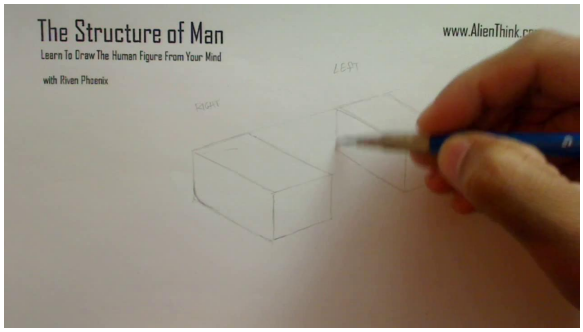
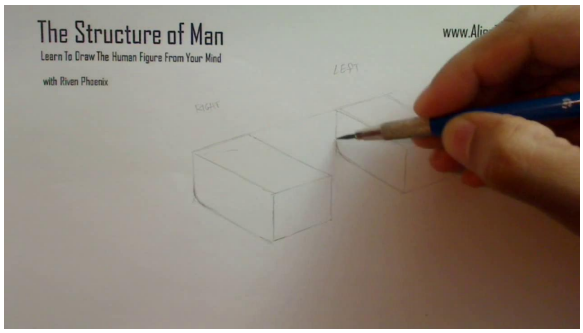
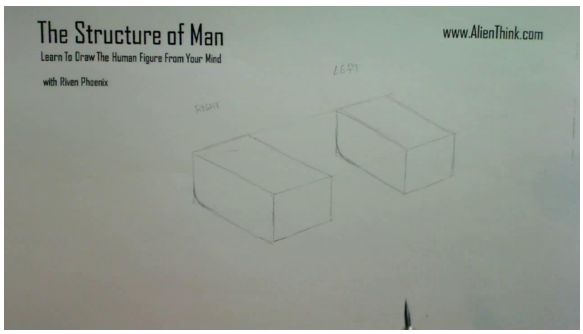
45		So this is the heel that we're going to call for the structure, right, so here I'm going
46		to make this one a little more like this, so here it's going to be the same thing, I'm
47		just going to curve it up like this, remember this is where it's just chiseling it out,
48		so once we have this we can now start to erase this and erase this, right, so this outside

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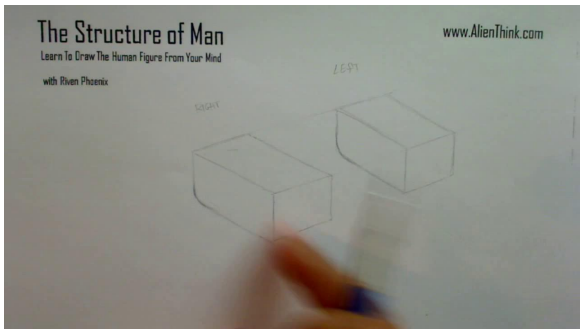
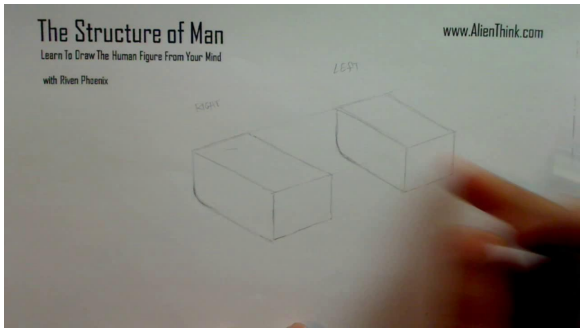
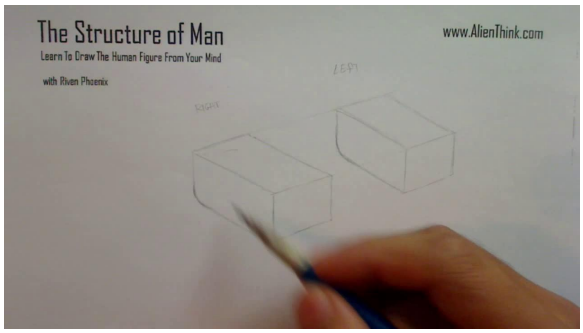
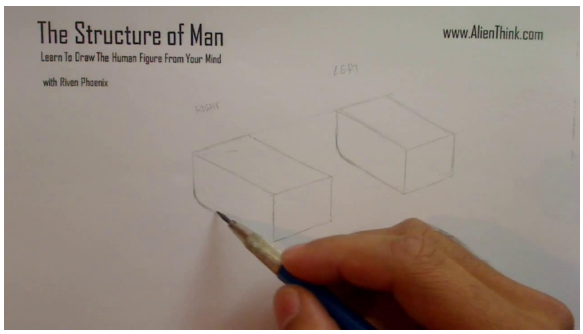
49		view is obviously going to be your small finger on the foot and your toe will be here
50		and over here, the toe will be here and the small finger will be there, okay, so once
51		we have this we're not going to have to create a way to be able to stand, so to do that
52		what we're going to state is that, okay, look, just about halfway over here where we've

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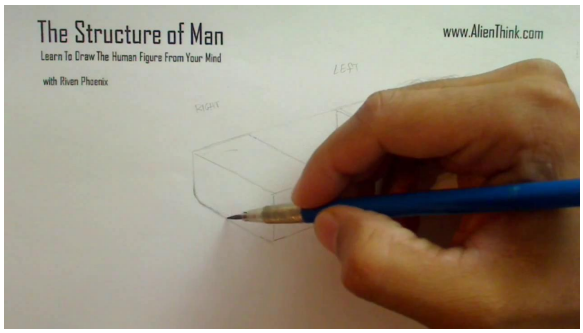
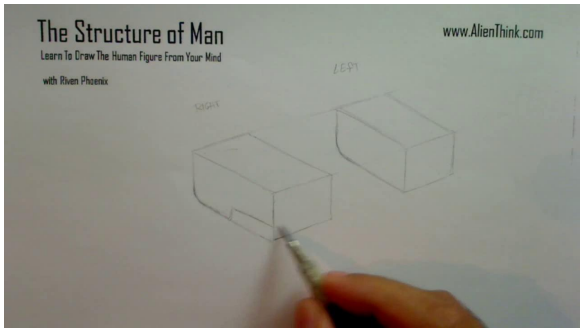
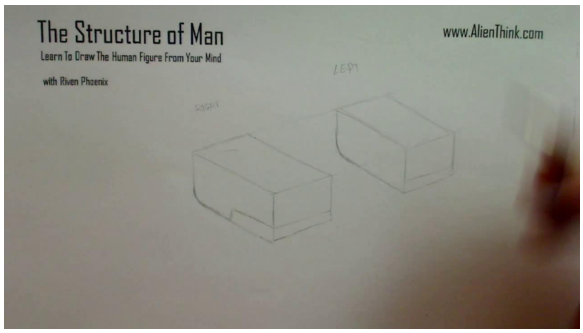
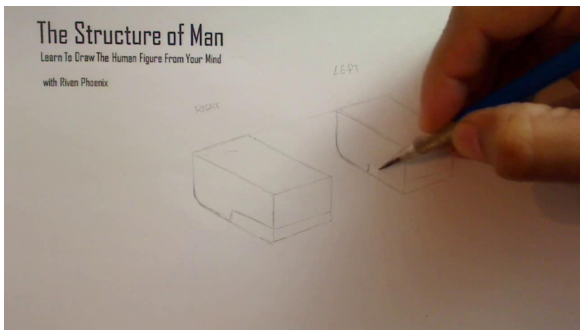
53		got this, we're going to actually cut this over here and then and and take out, chase
54		a lot of piece of wood out from under it like this, right, so here I'm going to do the
55		same thing over here about half, again all of this just has to be approximate, it's just
56		the conceptual form of the structure, okay, so this is going to go away over here and

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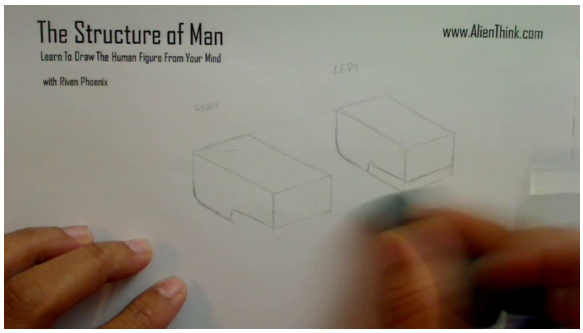
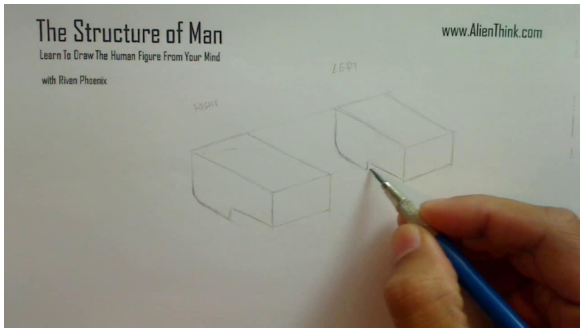
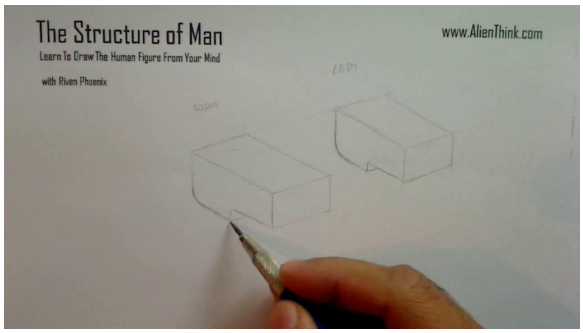
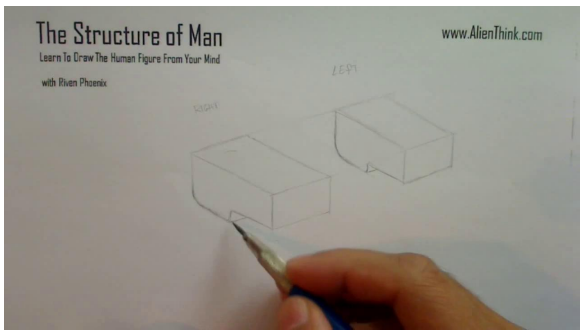
57		this is going to go away over here, okay, so this is a little small, it's just going
58		a little bit in perspective, okay, so it doesn't matter, you don't have to do it small,
59		you can do it a little bit and just use to drawing out things in perspective and stuff,
60		okay, so basically this needs to go parallel to that one, right, so once we have this what

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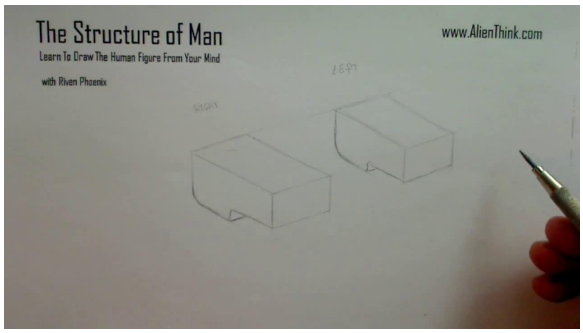
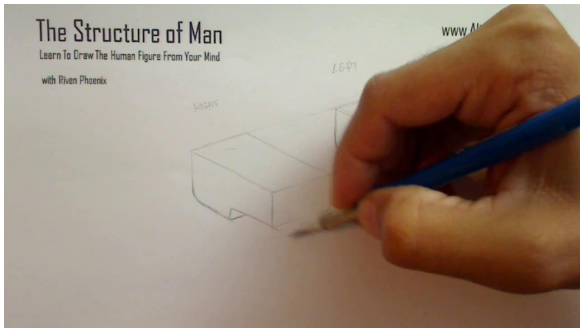
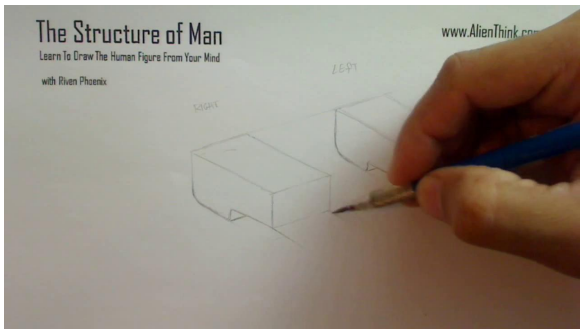
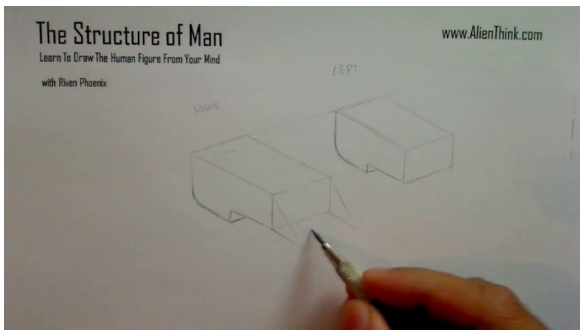
61		we need to do is now create that structure, so here we're just going to state that, okay,
62		well let's bring it out at least a little bit over here, we're going to now take a new
63		piece of wood and we're going to put this piece of wood over here like this and basically
64		we're going to like make sure it goes parallel here with these other lines and going to

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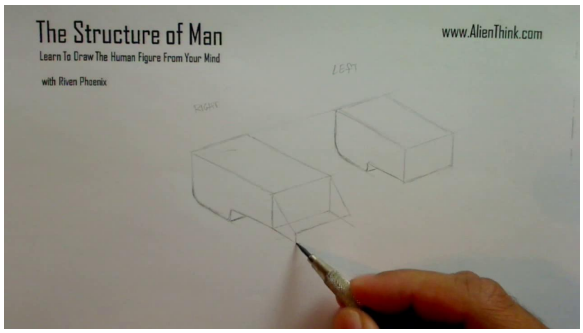
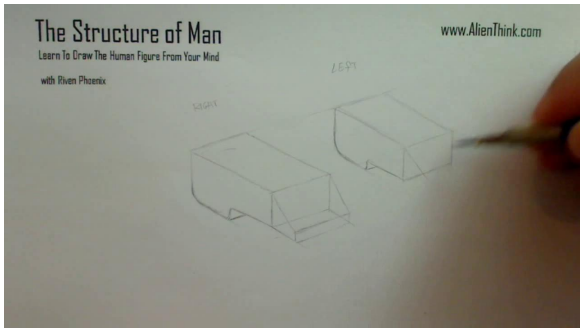
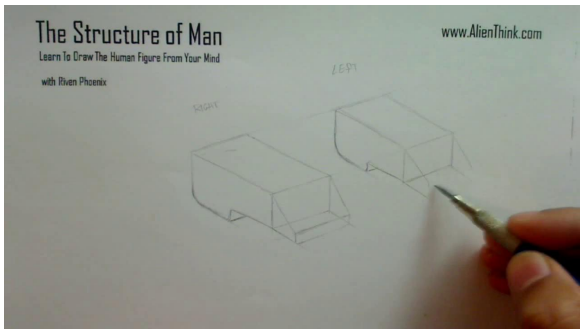
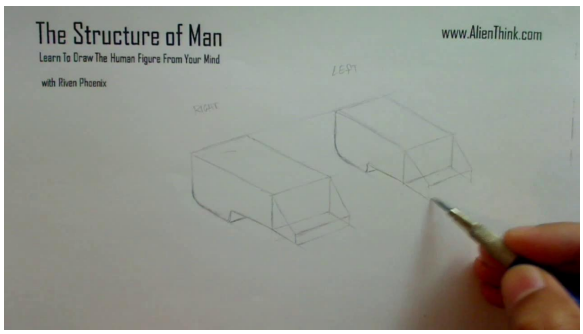
65		cut it and make it go like this, kind of like this, okay, and do the same thing over here,
66		just bring it down a little bit over here and do the same thing, bring it over here and
67		just make sure that we're kind of parallel to this, so it looks correct in perspective,
68		right, again this is conceptual, okay, so once we get this now what we need to do is basically

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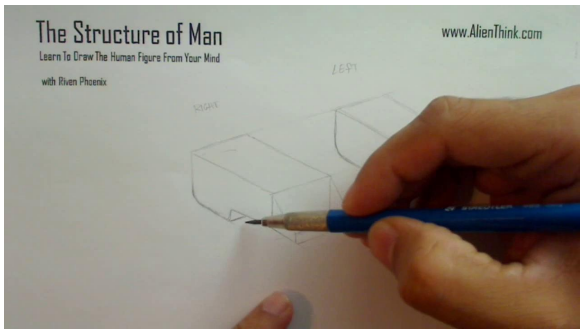
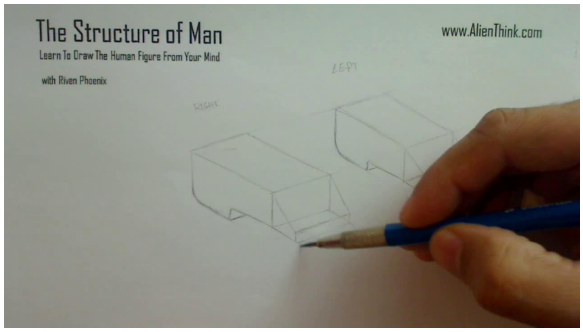
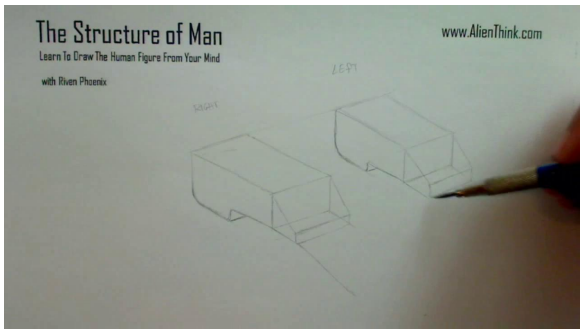
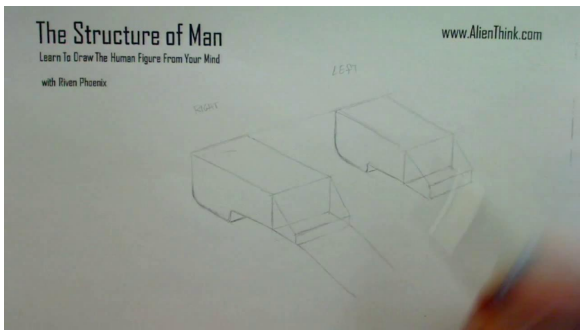
69		this is now up off the ground, we need to make this come back down on the ground, so to
70		do that we're just going to swing a line here and just say that that is where the foot is
71		going to end, right, so here we'll do the same thing, it's just going to come back down a
72		little bit, so it's like a little bit of a swing over here and again just do this in

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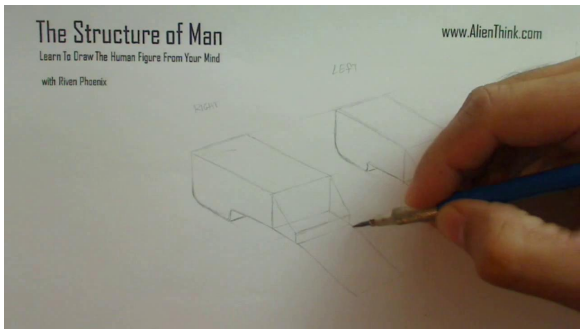
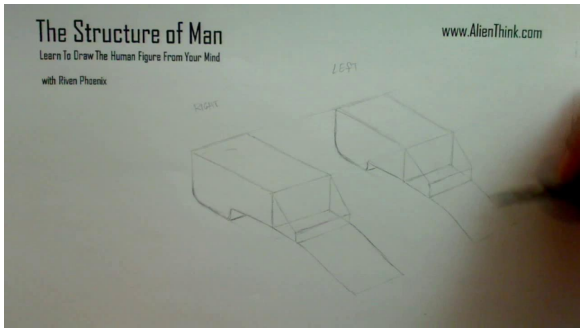
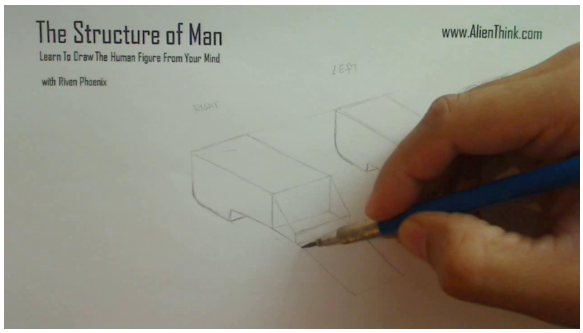
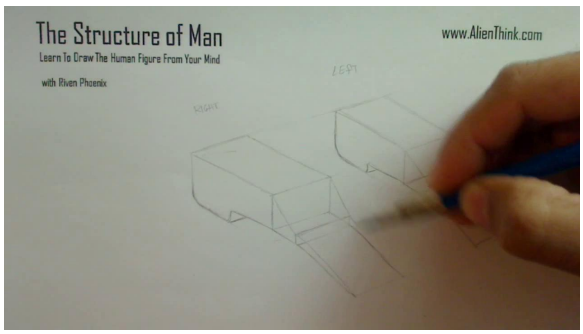
73		perspective over here, this will give us like the bottom of the foot, right, so it's going to
74		come up and then it's just going to swing down, okay, so once this happens what we're going
75		to do is that from here we're going to connect this and just finish it off, make it like a
76		sharp point and this will give us the foot over here, okay, so once we get this we can now

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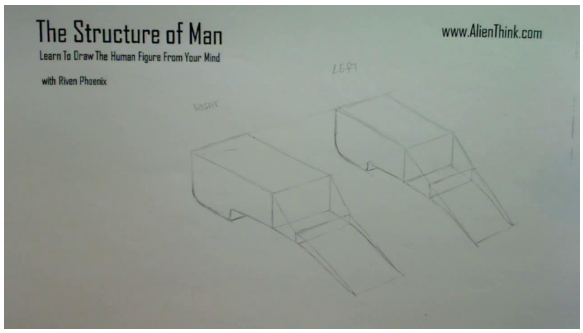
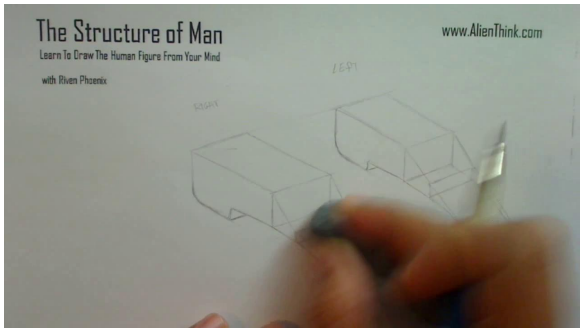
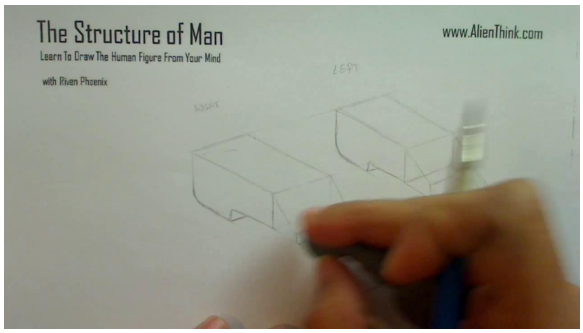
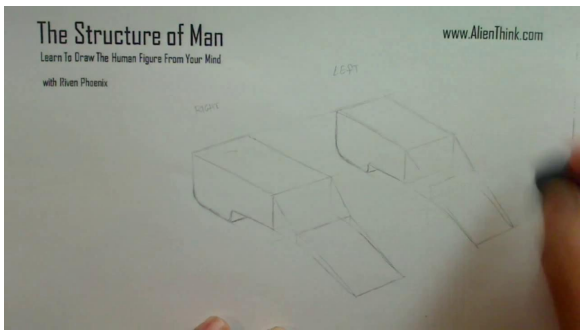
77		start to erase some of these lines to start to see a form over here because we're going to be
78		now adding a little more of our ideas here starting to get the mind to understand the basic concept
79		of the foot, so here I'm just going to erase some of these lines that are inside over here and
80		just finish off the design, so this one will just come over here like this and this one will come

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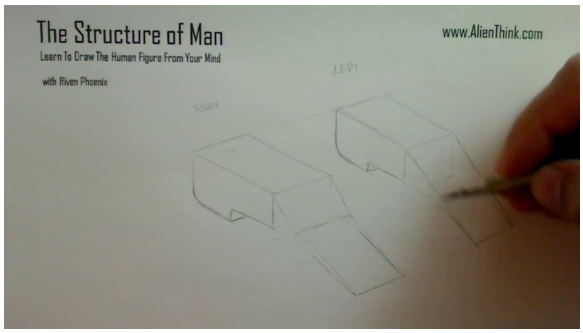
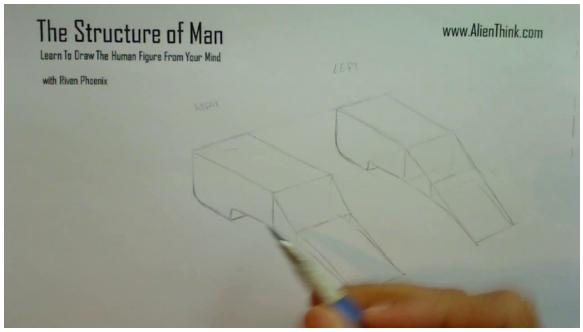
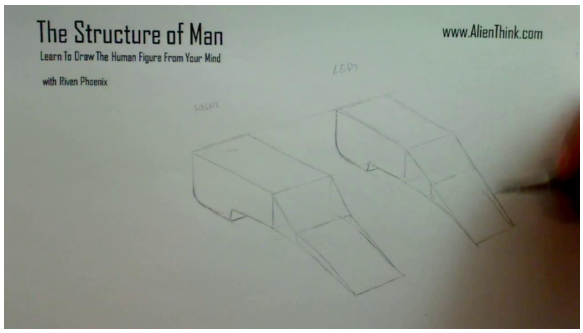
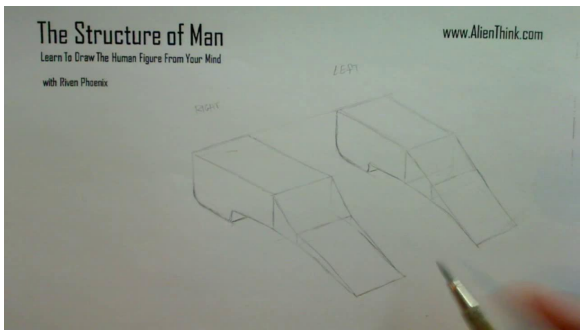
81		over here like this, okay, and just keep this line here, so same thing over here, okay, right,
82		so this is the bottom, right, we came up and then we swung down back into the floor, right, so over
83		here it will be the same thing on this end, right, so if you feel that you want to adjust the lines a
84		little bit you can do that over here, right, okay, so once we have this we now need to create very

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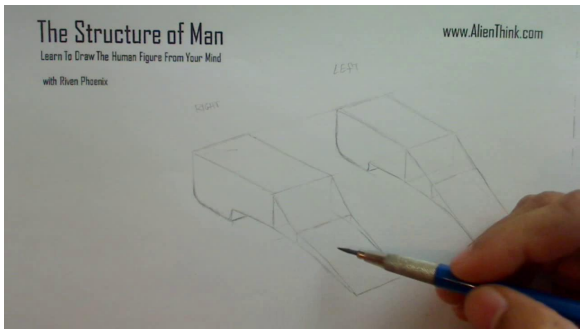
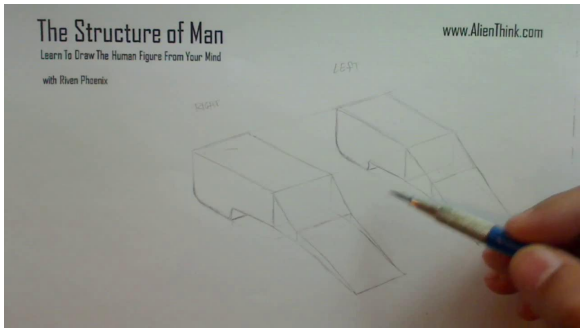
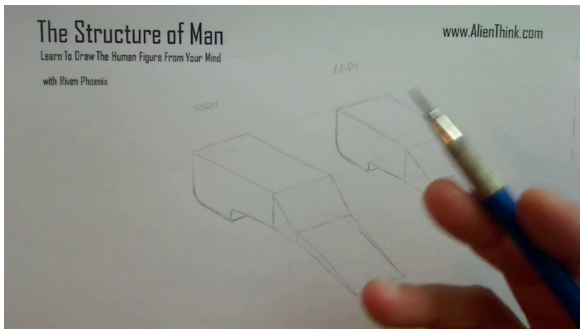
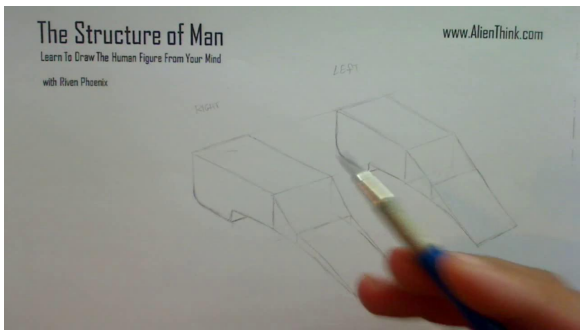
85		basic, now remember what's going to happen is it's going to be very easy to draw this out for
86		hand because it's really just understanding this basic idea of the form as to these three steps,
87		right, it was 1, 2 and 3, right, you don't have to draw the foot out like this but this will help
88		to understand how easy it is to draw it for hand, so once we have this we're going to now create

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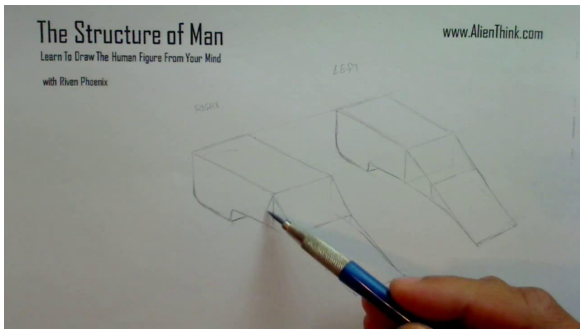
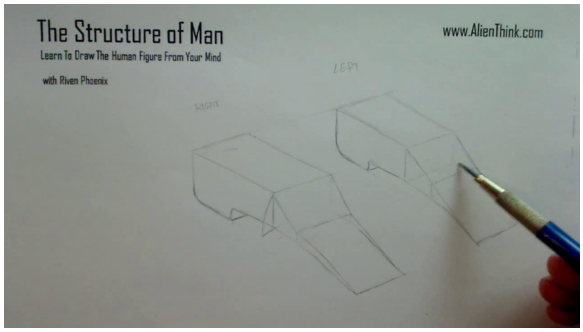
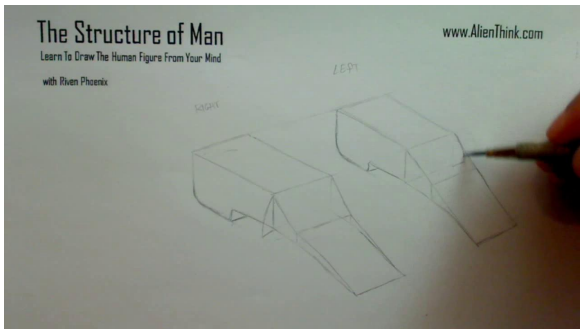
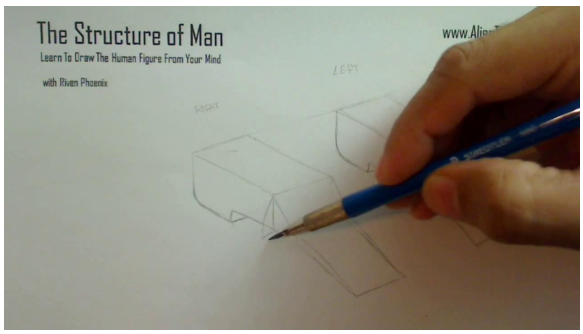
89		a line over here and basically we're going to add a piece of wood over here on this side and this
90		means that we're going to have to add a piece of wood on the other side, now this is where we'll have
91		to start to think a little bit from the other side here, right, there are opposites and basically
92		we're going to take this line and we're going to come back in here, okay, so this is the piece of

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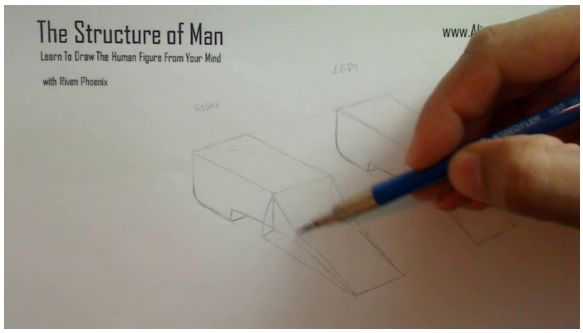
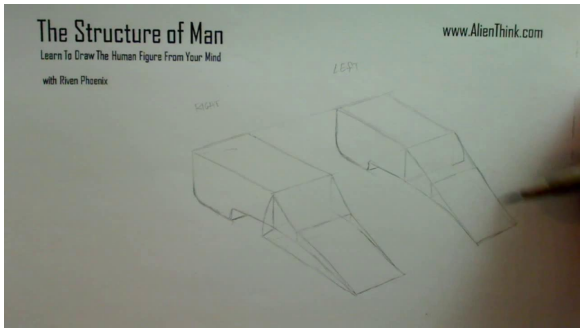
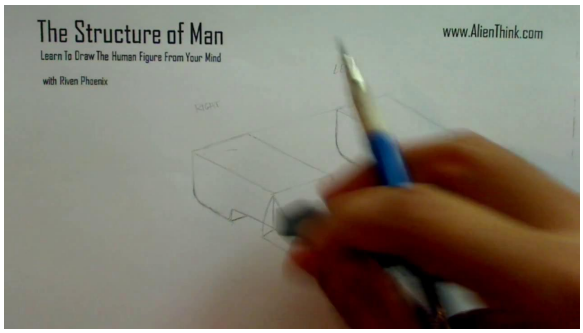
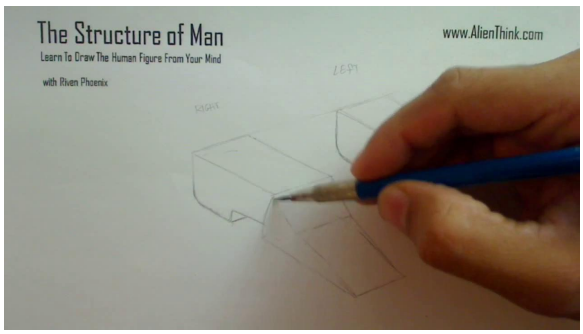
93		wood that we've added that goes like this and this piece of wood obviously you're just not going
94		to see much of it because it's an x in perspective, right, so see how it's behaving in perspective,
95		so once we have this we can erase this, erase these lines and begin to see our idea go through
96		that manifestation process, right, so this over here is going to play a significant role

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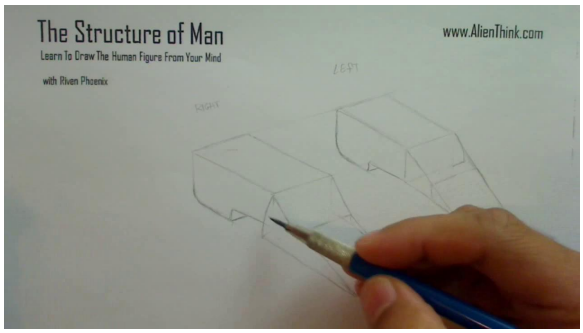
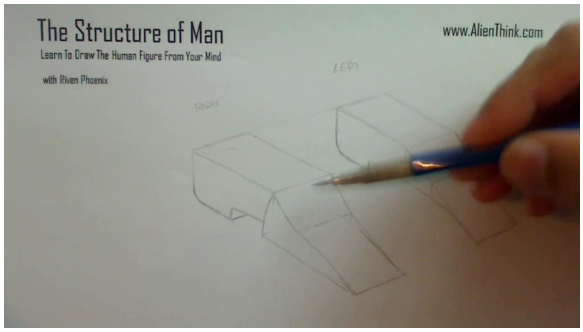
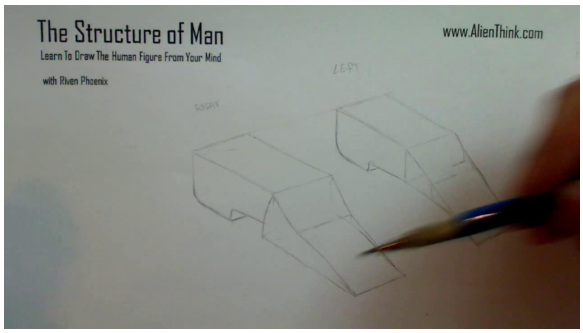
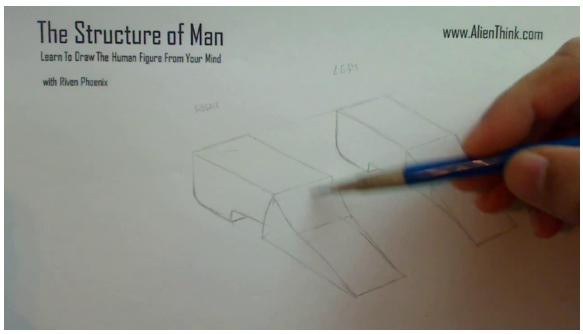
97		in the design of the foot, so once we have this we're going to now come up with a rule,
98		still okay, we definitely need two of these things called toes and these toes need to be here,
99		but we need a way to do it in a way where it's just going to balance, so basically once we have
100		this line in the center, like if I divide this line in the center, I'm just going to do this very

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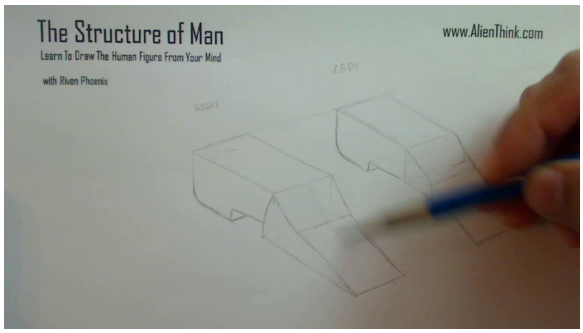
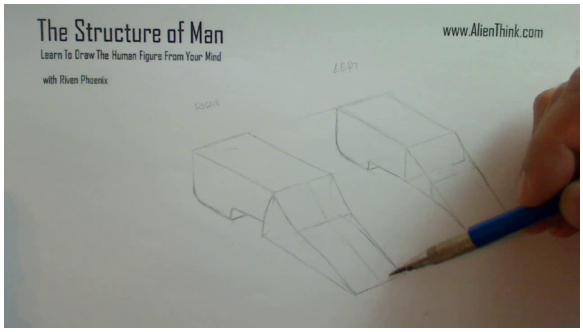
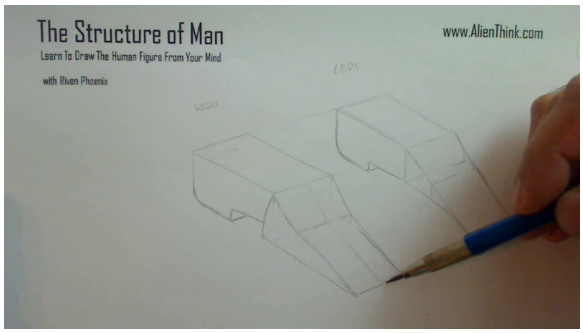
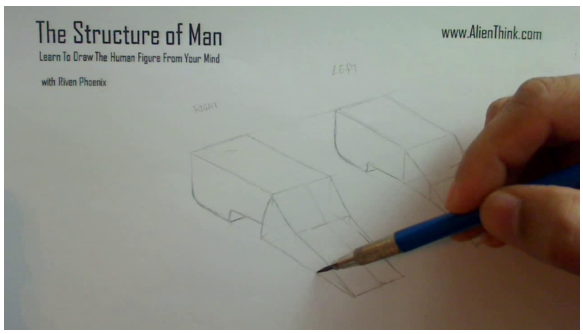
101		lightly here, when we have this line in the center, basically if you divide from here to here in
102		half and then come back just know that right with the center is just a little bit to the right,
103		right, so from here what we want to do is divide take a line from here and basically cut out
104		around here, right, this halfway from here to here halfway if you put a line you're going to come

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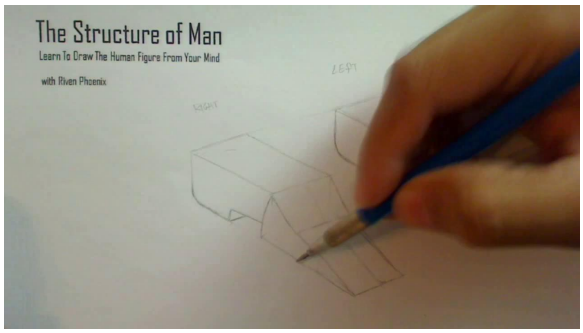
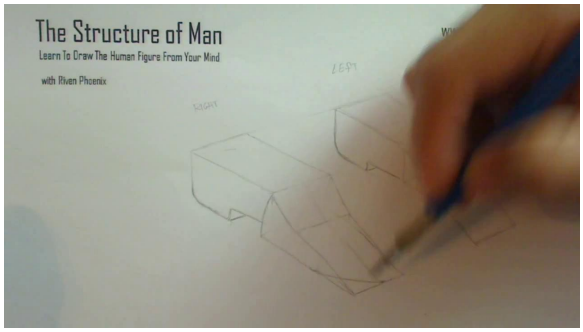
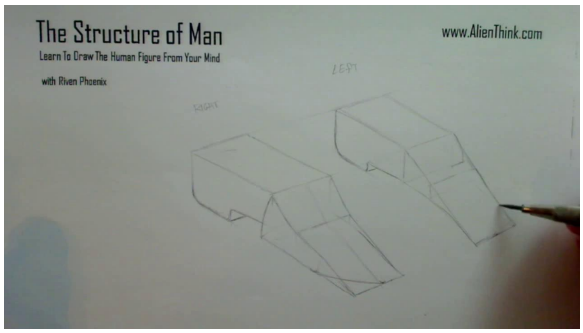
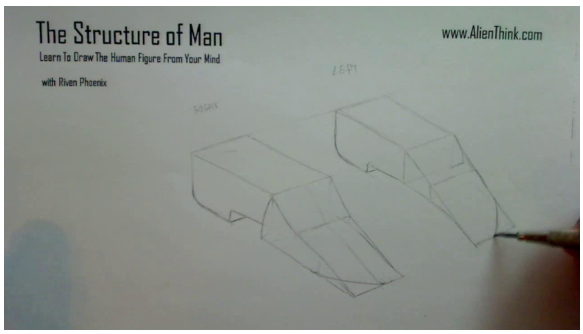
105		out and or you can go a little back it doesn't really matter, but we're going to cut this piece of
106		wood out over here, so it's going to be the same thing it's half here, so I'm going to cut a piece
107		of wood out and about halfway I'm going to have to turn this like this, right, so this is now
108		going in perspective, so you just have to wing it over here, right, this will cut it and this will

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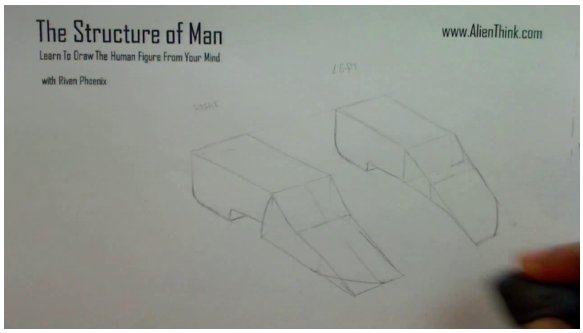
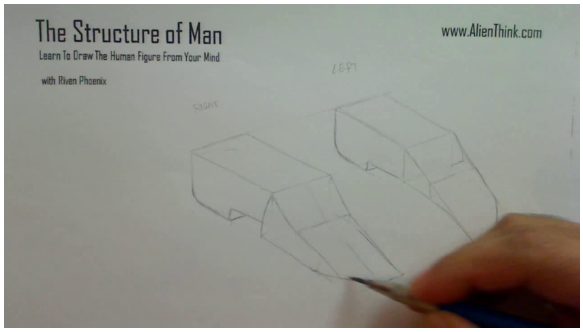
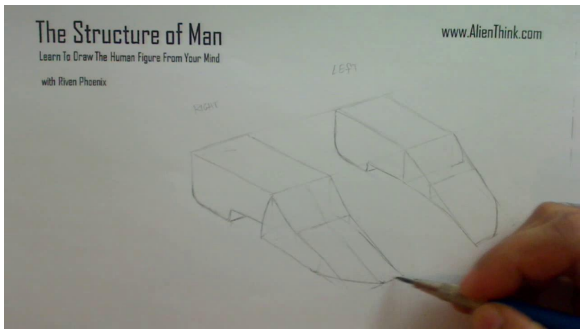
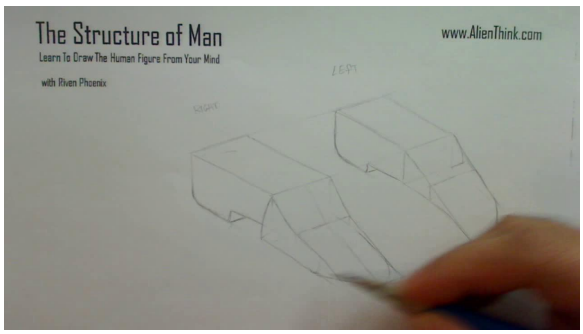
109		give us the room for our little fingers, okay, so now once this is done we know that this is going
110		to be where your small fingers are going to be on the foot over here and then your toe is going
111		to come here, so we'll do the same thing that from here we'll also chisel this out just like this,
112		it doesn't have to go all the way over here it's going to be basically the same thing that this

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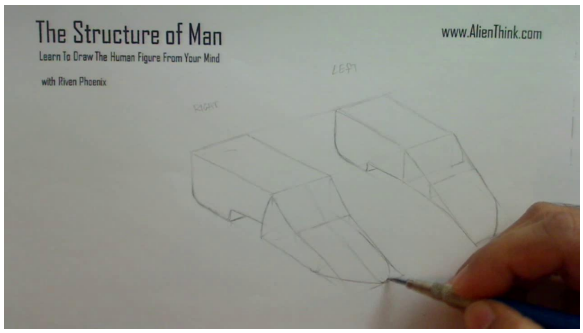
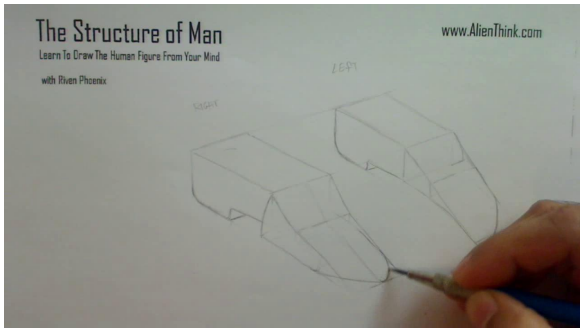
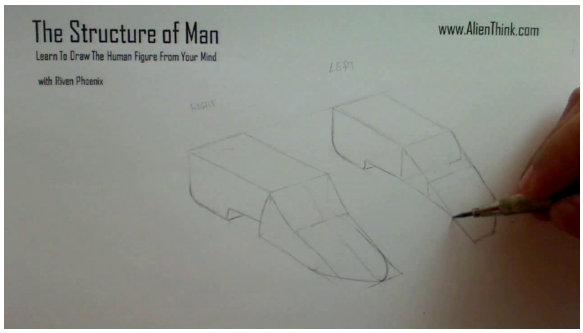
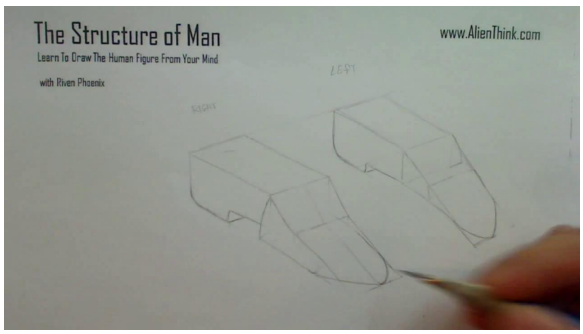
113		curve it's really just going all the way to the other side, but it's a much more bigger curve,
114		right, so much more slower curve because there's not much room to do the curve, so basically on this
115		side here what we did was over here we cut it just like this, right, this line here is this line
116		here, right, so this will help us to understand a little bit more about what we're doing,

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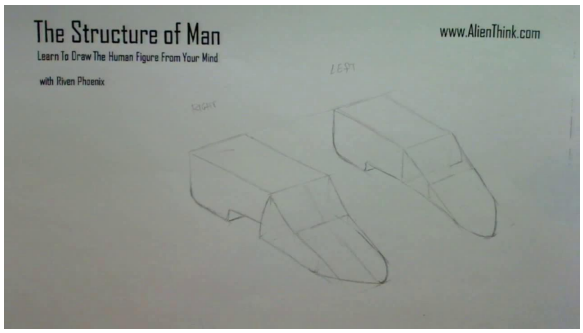
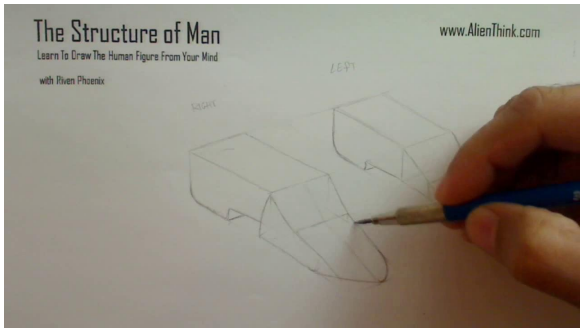
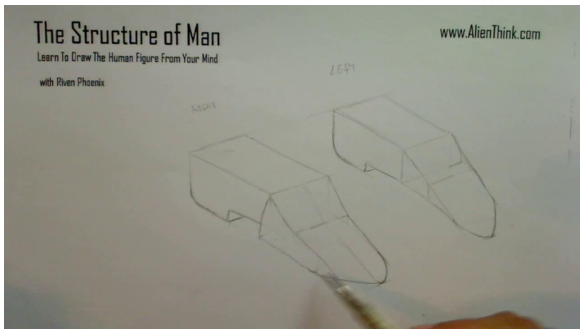
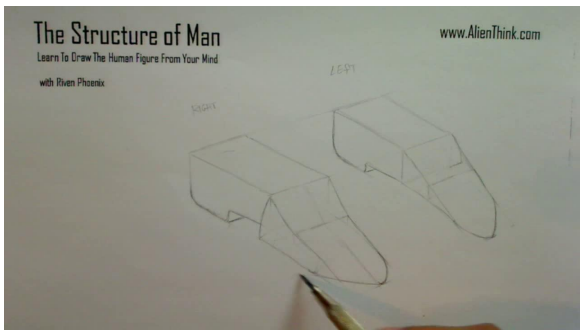
117		so once we've done this here, let me just erase some of these lines here,
118		well if we done this now we will come up with a rule that okay what we want to do is let's just
119		expand this guy just a little bit over here, right, so make it come out a little more about
120		here, right, so this means that we're just going to expand this over here, right, and then this

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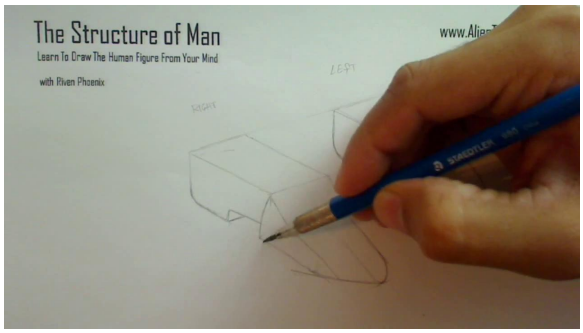
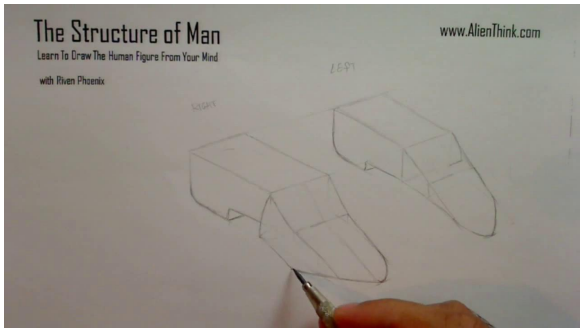
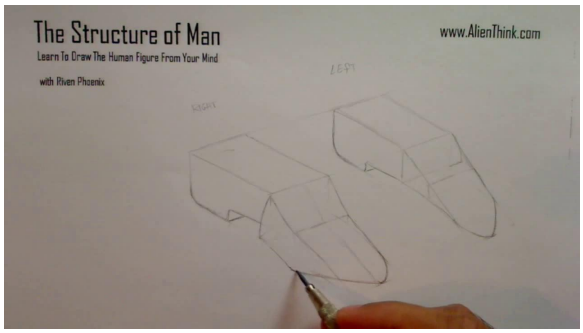
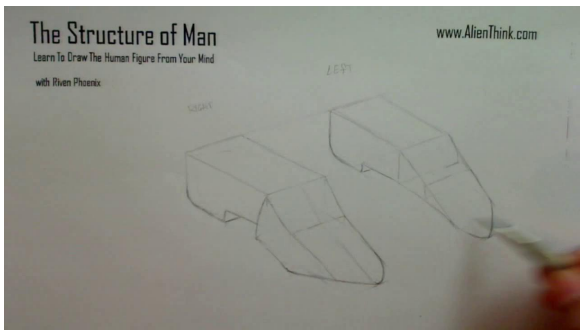
121		line here now just connects over here, okay, so we expanded this and this is going to be the bone
122		on the side, there's where your small finger is, this is going to be that bone that you're going to
123		feel on the side of your little finger, right, so this is actually going a little bit on the angle,
124		so over here it's really going to be just the same thing, from here you're just

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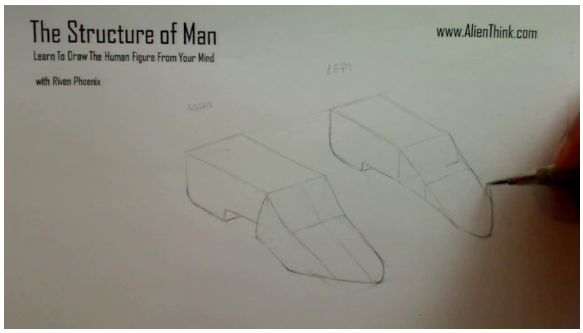
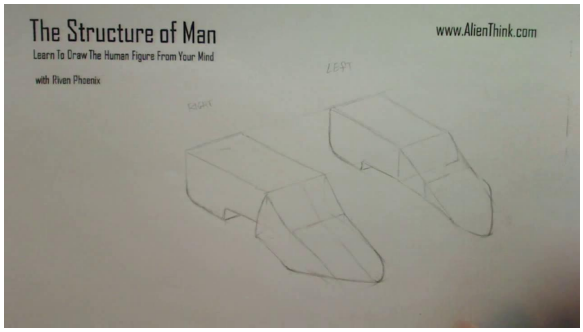
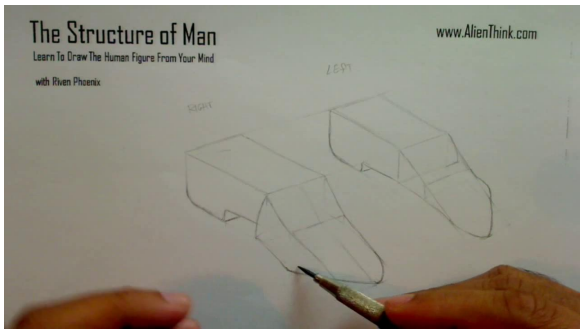
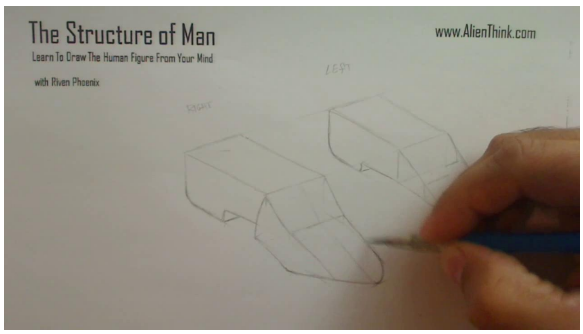
125		making it come out a little more over here, right, just like this, that's all we did,
126		okay, so I think there's not much of a modification that we're doing, so since we've done it
127		over here like this what we'll do is that we'll do the same thing a little bit on the other side
128		too, right, we can just expand it a little bit over there, so basically over here where this is

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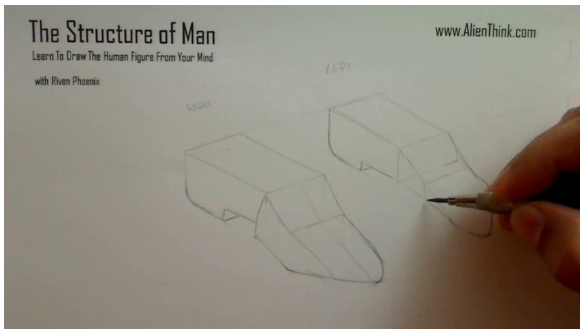
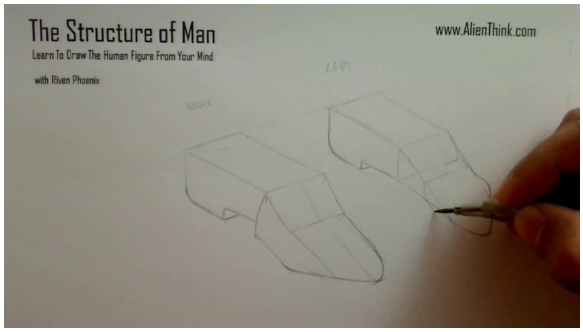
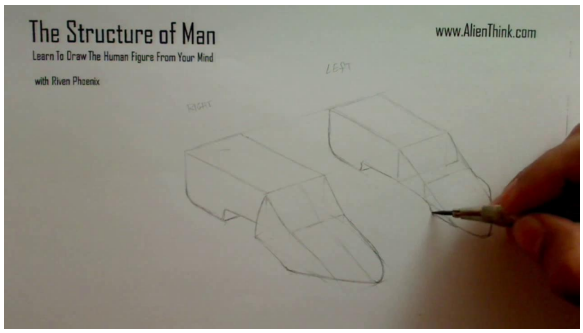
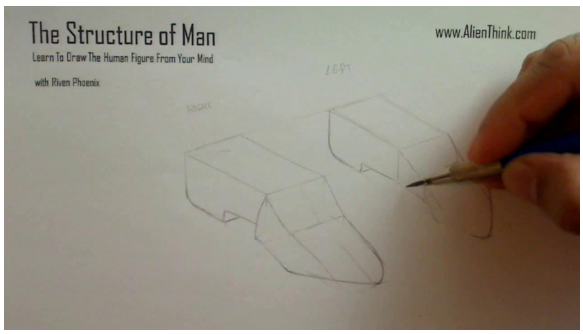
129		where we can do the same thing, where we have this here we're just going to expand this just a
130		little bit over here and then come over here, right, so this bone here is going to be where your
131		toe, your toe is going to be here and basically you're going to get like this bone over here, okay,
132		so this really is going to go like this, you know, over here, right, so we're done with this side

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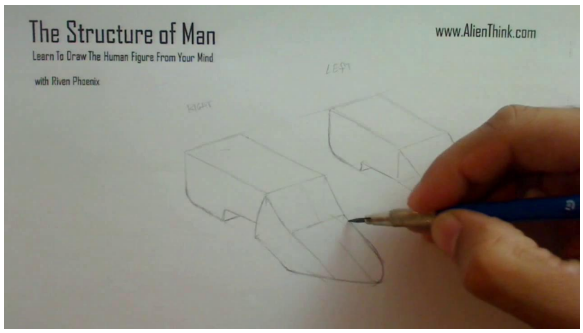
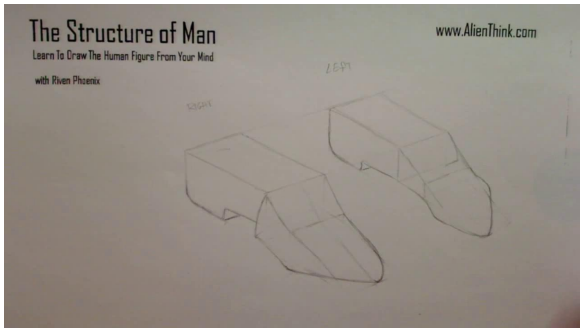
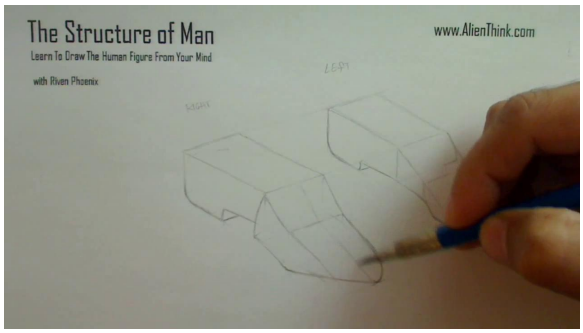
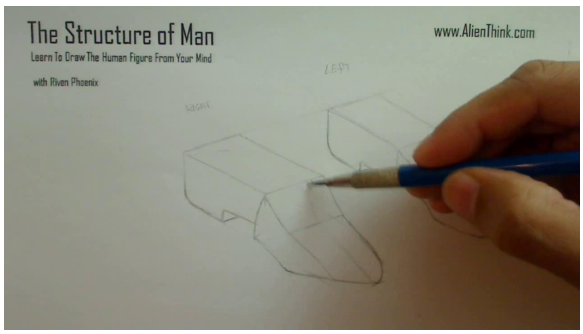
133		and here we can't really see the other side but here we can, we can't really see the other side
134		over there, right, so once we've done this what we need to understand is that this is the middle
135		of the foot and it's really going to be over here, where we have to stand over here then come back,
136		this is really the line of the of the foot that we need to be aware of because this is going to

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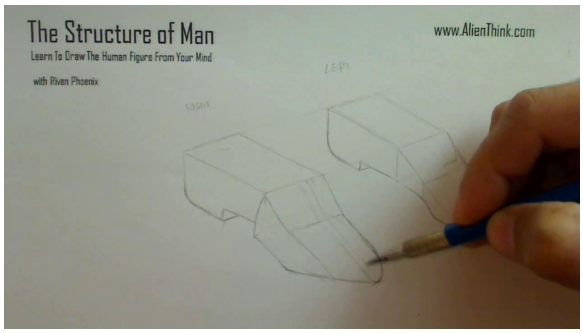
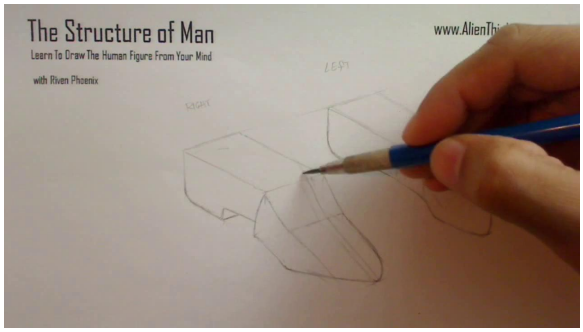
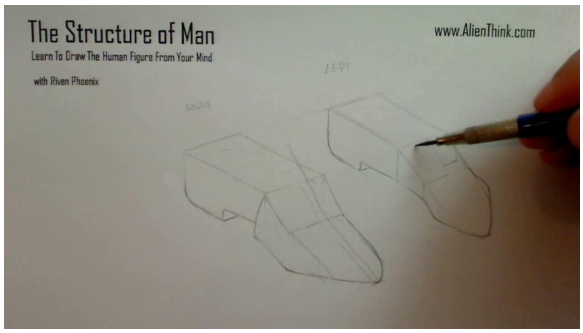
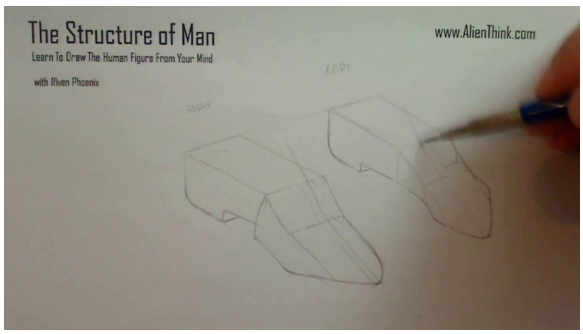
137		go right through the center over here, right, just like this, so once we have this what we'll do
138		is we'll make it go up just a little bit over here, right, so here is the line over here and then
139		I'm going to go here, here, so it's really this line here that I want to talk about that I wanted
140		to go up a little bit over like this, basically it's like designing a shoe, right, so once we

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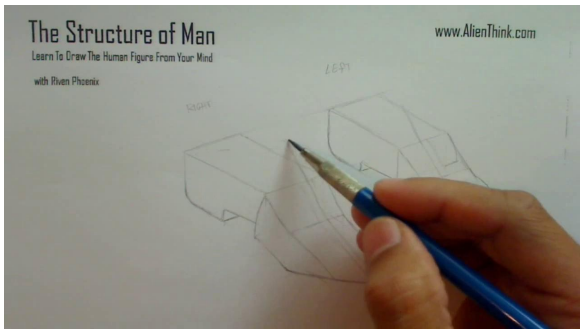
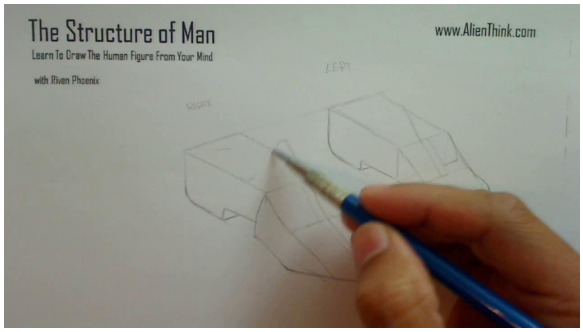
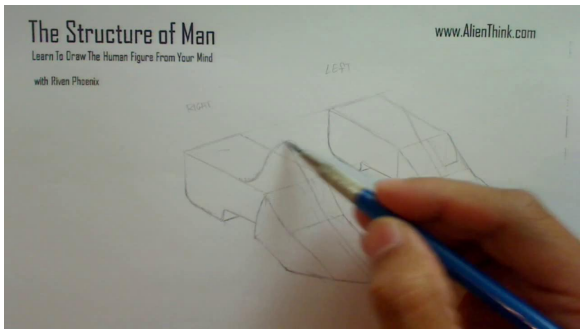
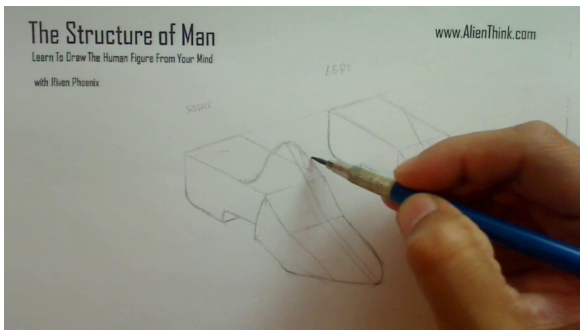
141		gotten this what we wanted to is basically take this line from here, right, and we want to
142		make an arch over here like this, so it's here you're going to have to sketch this out a little bit
143		feel your way through this, basically we want to come like this over, on over here and go like this,
144		right, so imagine this to be a shoe that is the opening of, right, so it's the same thing over here,

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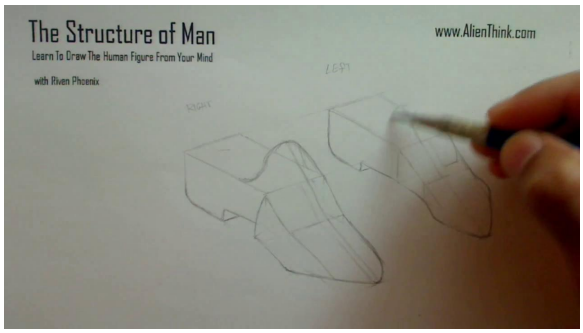
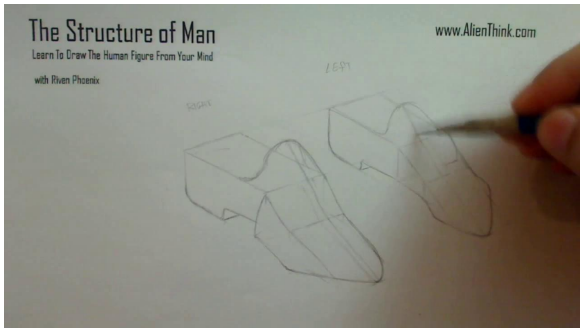
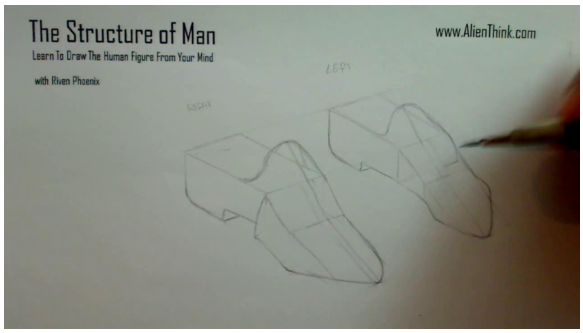
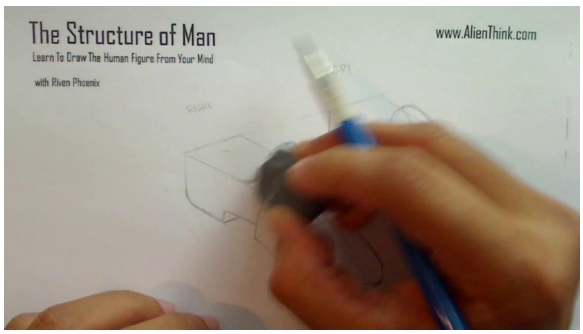
145		we're going to do the same thing this arch and then this arch is going to go, right, so just note
146		that over here this arch is smaller and this one is much more longer going on the other side,
147		right, so over here when we did it this is more of an arch over here, right, so you have to kind of
148		sketch it out like this to feel your way through it once you get the line across then you can

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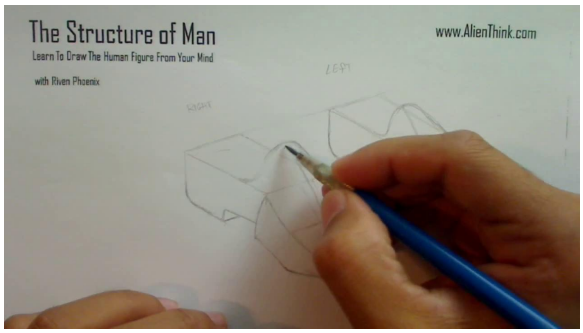
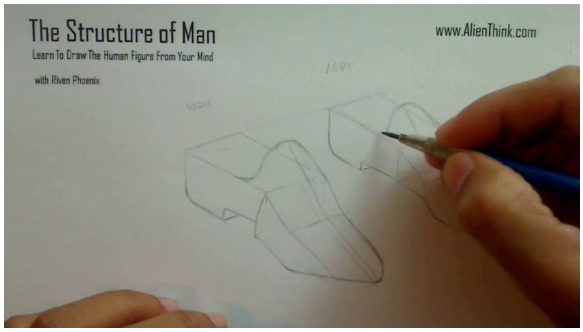
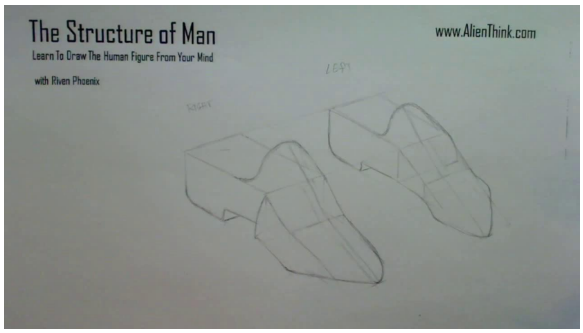
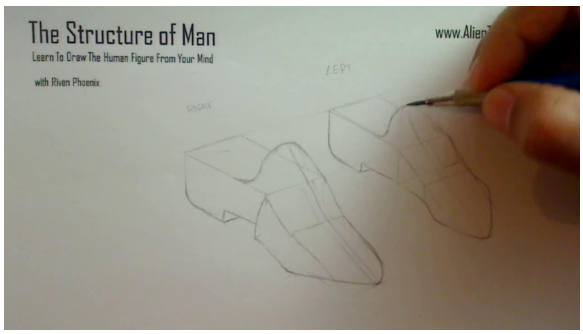
149		just decide okay this is how I really want it, right, use that drawing process that we want
150		to instill in the mind that should be comfortable with it, right, it shouldn't be feeling frustration or
151		any kind of thinking that somehow it's making a mistake, it's not, right, and especially when
152		you're drawing in front of people these drawing processes is something that you always want to let

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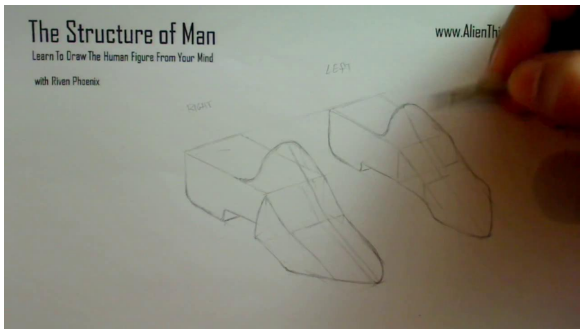
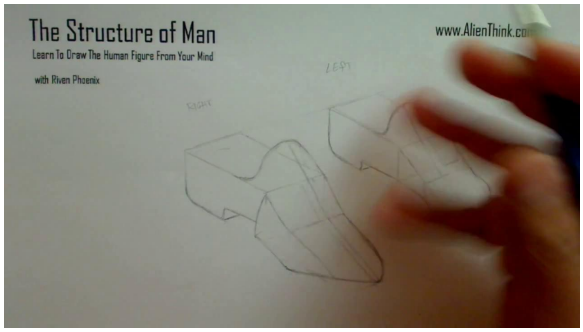
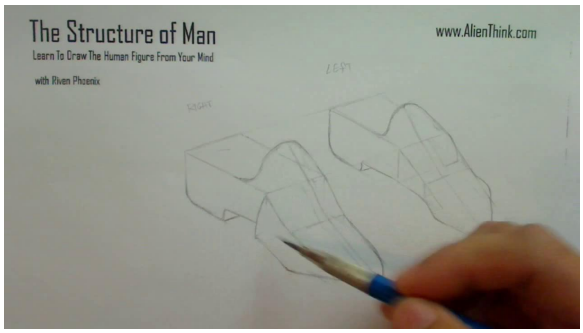
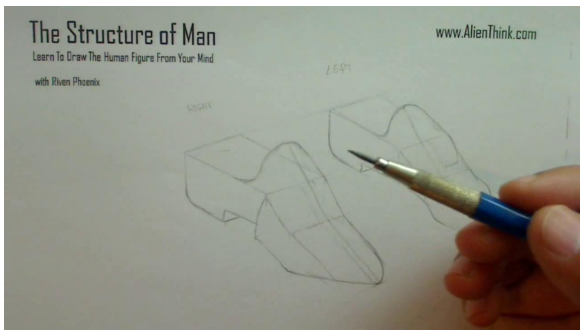
153		people know that this is how the drawing process is always going to work regardless, right,
154		so here we've got this idea over here, okay, so once we have this, right, so basically we've solved
155		the issue of understanding the foot, so what needs to happen is now we need, we had talked about
156		about the tibia and the fibula, so basically that needs to be able to fit somewhere over here,

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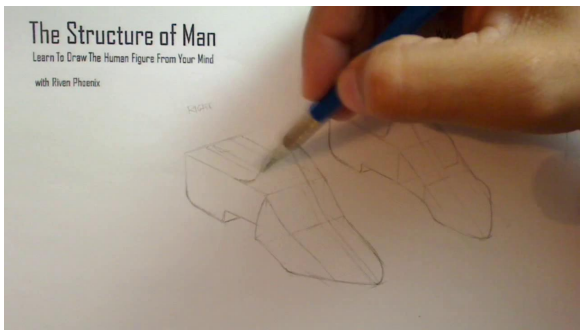
157		so what we need to do is actually do a cut of this, so if this was the center line over here,
158		okay, this is the center, I'm going to do a little bit, I'm going to move a little bit to the left
159		and you know, cut it, but over here I'm going to cut it more over here, right, so this was the center
160		line of this guy here, this is the center, we just went to the left, but over here we divided this

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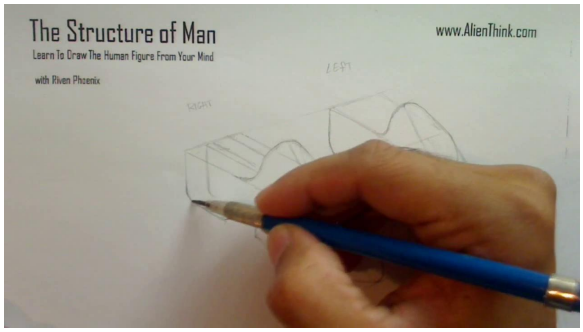
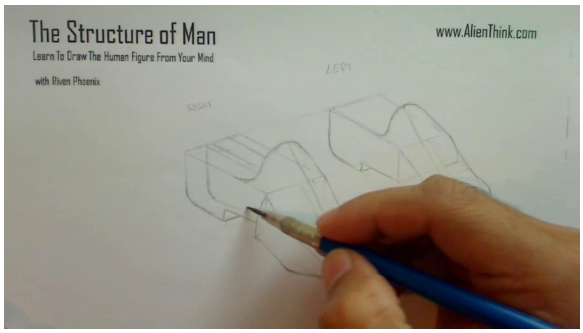
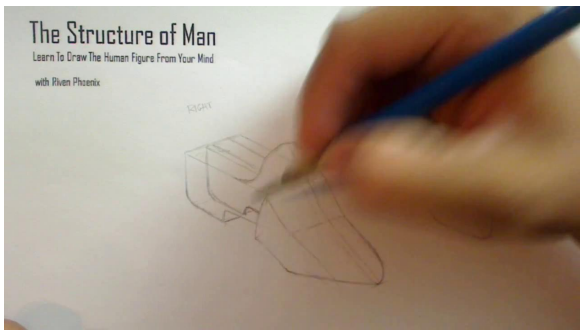
161		in half basically and cut this, right, so this means that this idea here now has to be cut and
162		pretty much now needs to be curved in this way, right, so it's going to come over here and it's
163		going to be going in this way, right, so you're going to again have to sketch out the idea here
164		a little bit to understand how to put that down, but basically I just like, it's like you're

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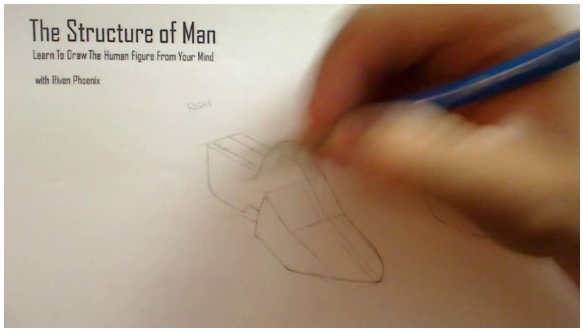
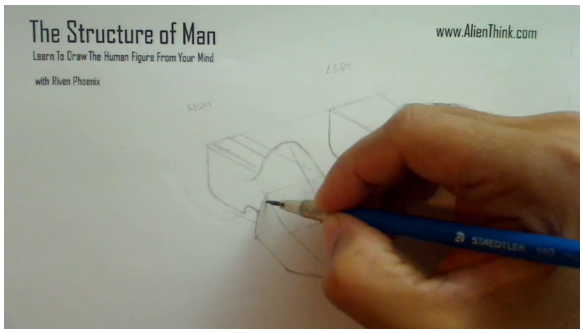
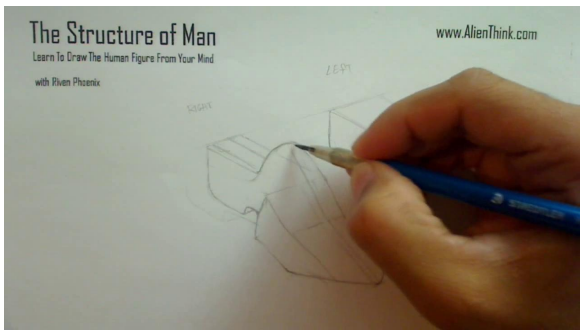
165		just punching it in a little bit, right, so now you're going to get this over here,
166		like this and then you're going to get this arch and basically you're going to get this bone
167		that's stuck outside over here, okay, so this means that this arch now has to be adjusted, so it just
168		attached to over here, okay, and we can erase this line over here, right, so this means that

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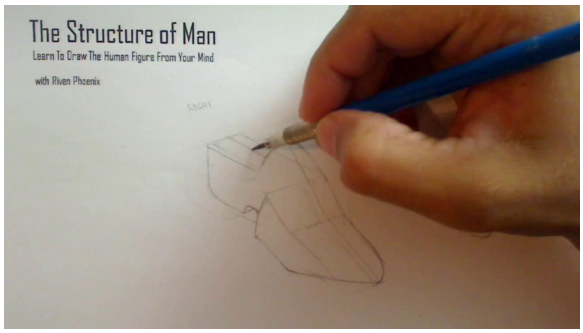
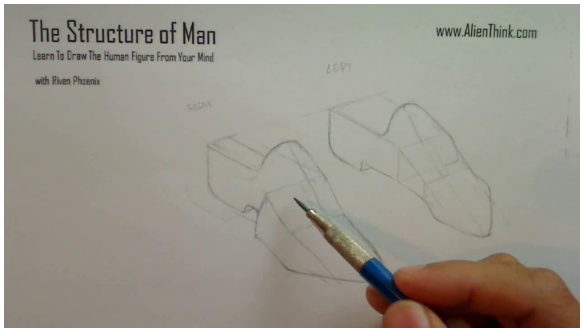
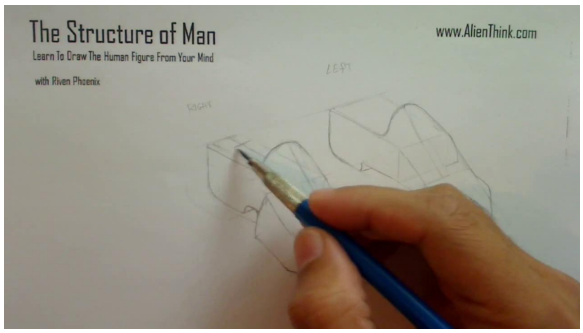
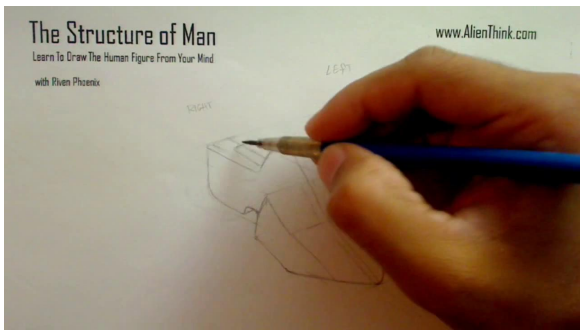
169		where we cut this it's going to lose itself over here too, okay, so this is the basic concept
170		of the foot, so basically over here what we're going to get is that you're going to have, let's say
171		like a box shape over here, okay, you're going to have really like a bone system over here,
172		here we can say that, okay, I'll just put a block of wood over here, right, it's just going to be

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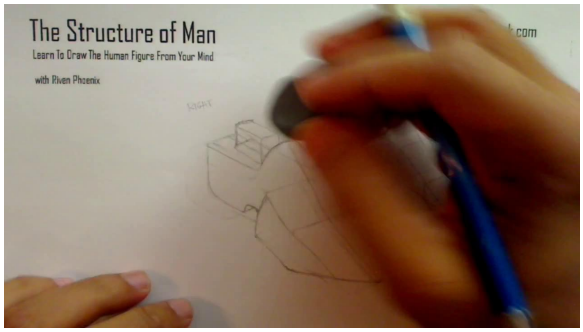
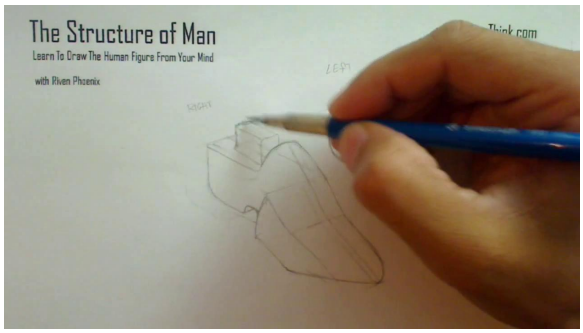
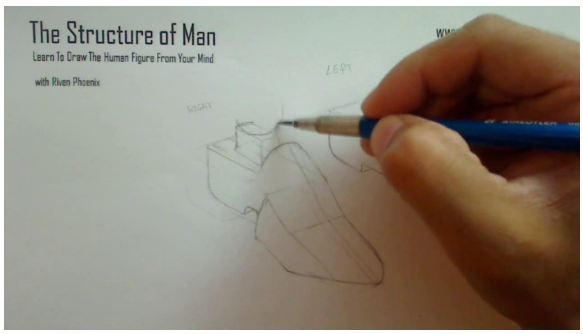
173		high up over here, for now I'll just put a box like this, okay, and this is where the
174		the TV is going to be connected, right, so imagine that this is going to be a box here,
175		then you're going to get the bone for the tibia that's going to be connecting over here, so if we
176		let's say in this much more magnified way, say that this is going to be like the tibia,

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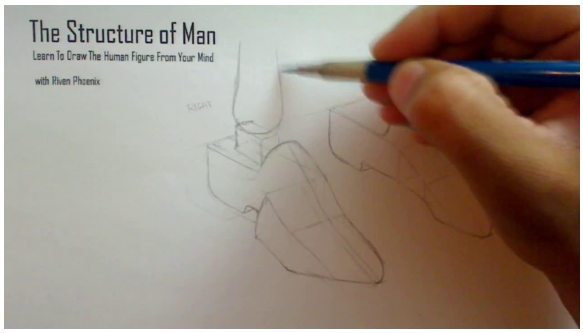
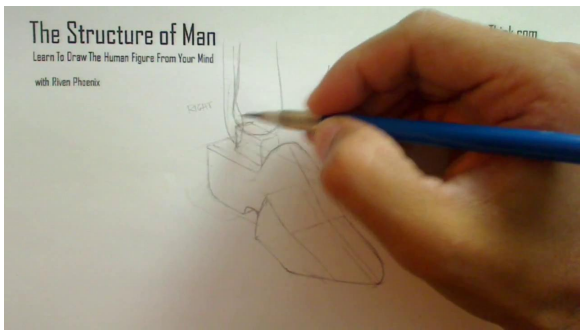
177		right, just conceptually imagine this is the tibia, then what's going to happen is that you're
178		going to get the fibula over here, right, and it's going to be a little bit on the back as we
179		had stated, right, so it's going to go in its direction over there, right, so it's going to be not
180		behind, right, it's already in the back anyways, so this will help to understand, okay, we understand

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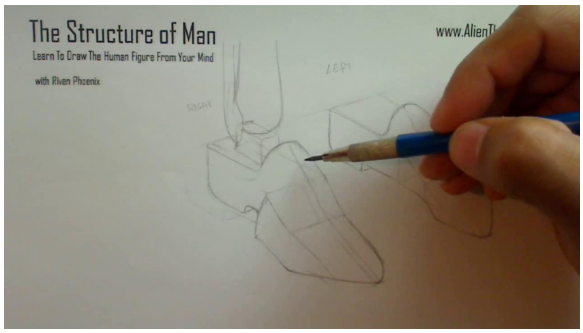
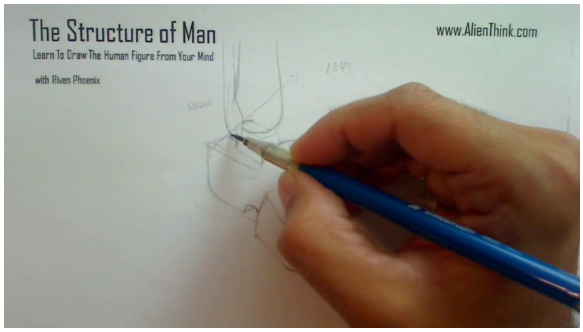
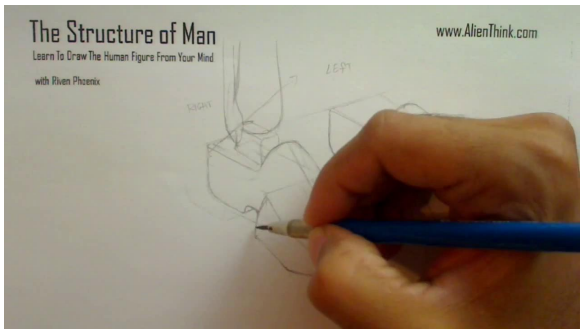
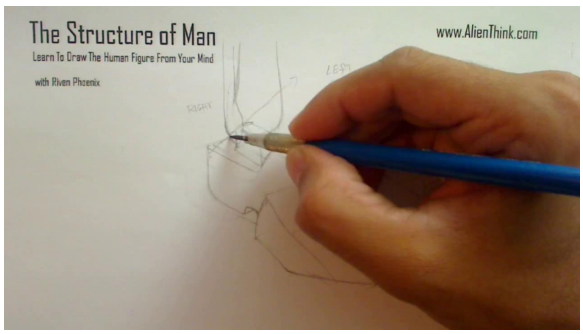
181		what's going on, basically this is that direction, right, this is that direction that those two bones
182		here for your foot will be, right, they'll go like your foot will be here and then when you get
183		all the muscles, right, it's really just going to be this design and this is what causes
184		that bone to stick out and the other bone is on the other side caused by this one, okay, we can't

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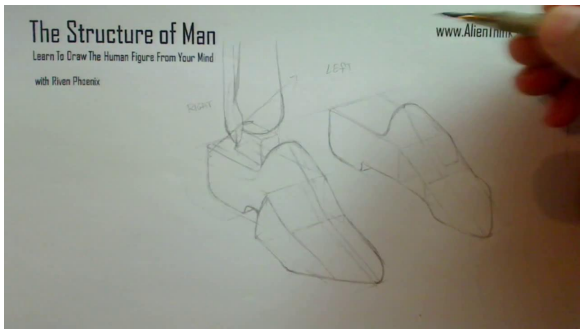
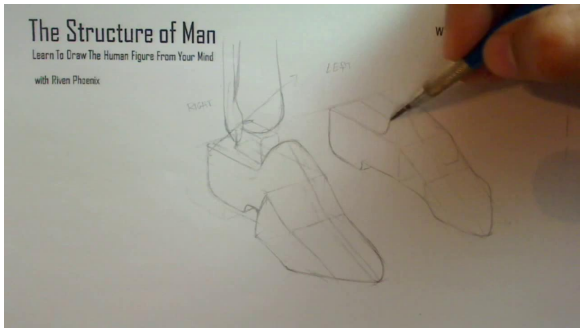
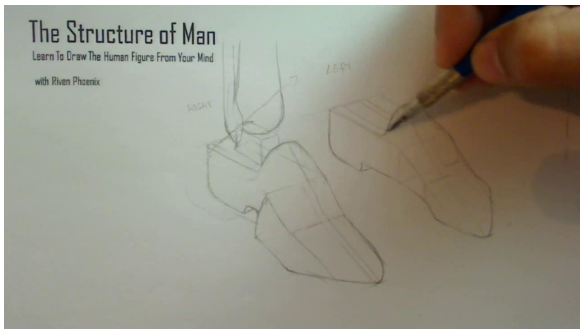
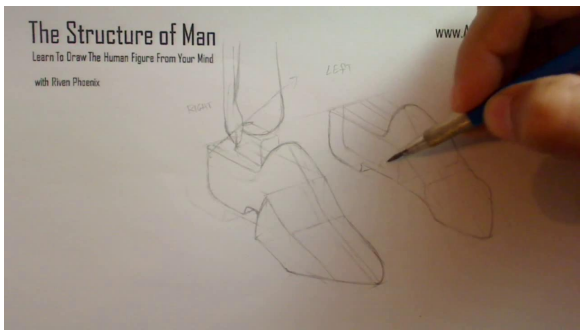
185		see it over here, so again it's the same thing over here on this side that if we have divided this
186		in half we know that we just need to do it opposite, right, over here we did more here, we're just
187		going to do it opposite over here, come back down like this in this way, right, you're now going to
188		get this, it's going to be more of an arch in, in this way a longer arch that's going in this way,

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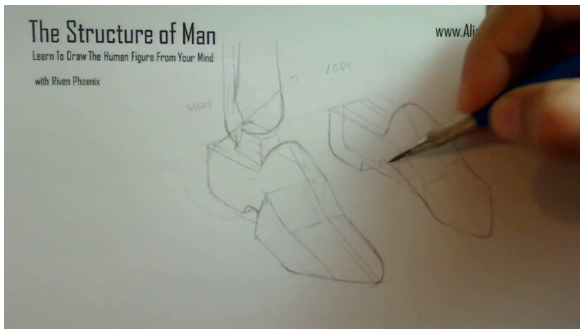
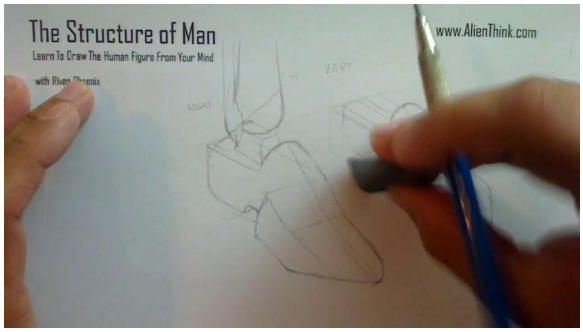
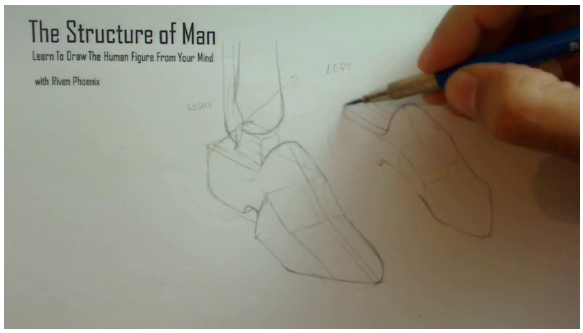
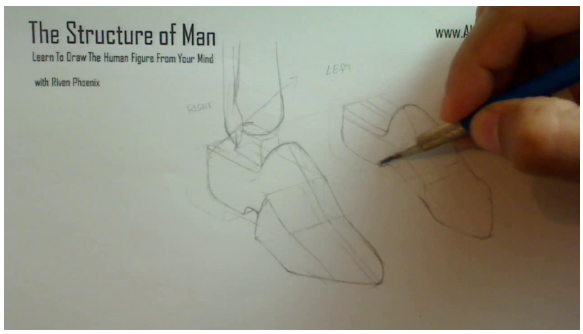
189		right, and we're going to have to adjust this, so here we're just going to get rid of this,
190		right, so if you practice this lesson you'll begin to just conceptually understand what's going to
191		happen and when we, in the next lesson we're going to start to look at now the formulas to really
192		understand what happened here and then all of this will make sense, right, so here we can adjust

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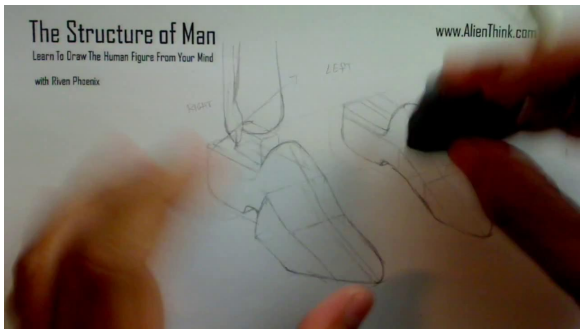
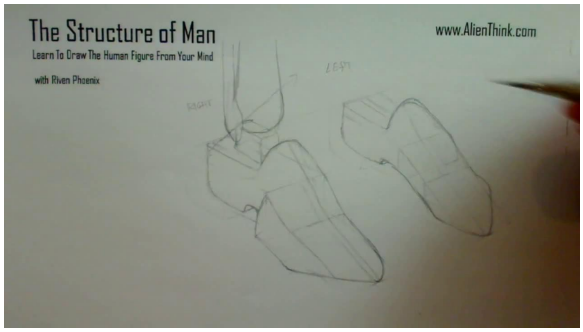
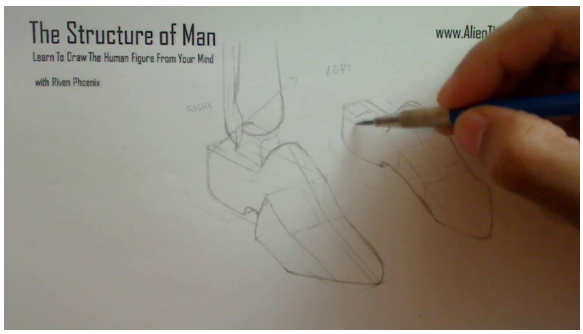
193		this also over here, this guy over here, right, just make it go more up and it's going to go like
194		this, right, so over here it's the same thing, we're going to cut it, this one we can lose
195		over here and he's going to get the same thing, so that piece of bone, that piece of bone really
196		would be coming out, this way it would be a little bit out in this end, okay, so this is that

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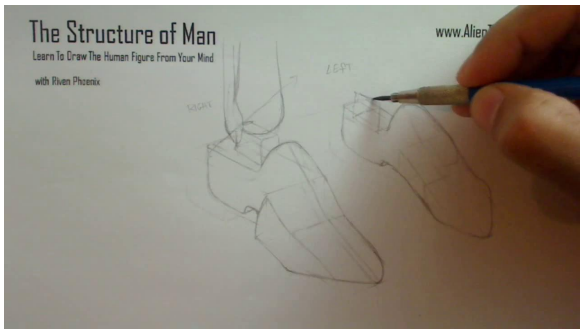
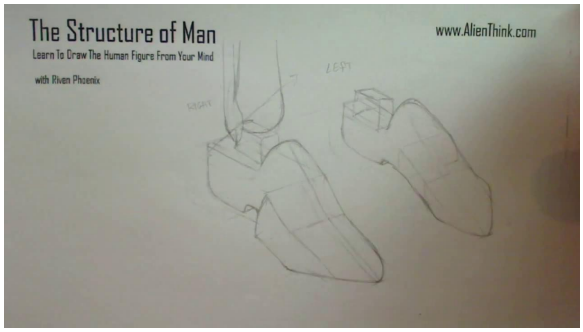
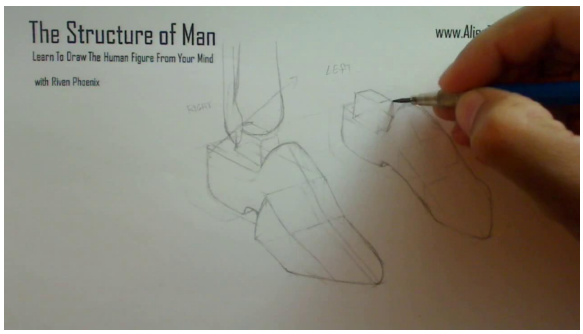
197		box shape that we wanted to put over here, so here I'm just going to sketch it out,
198		just like this and now just erase this and just think about this a little more,
199		right, it's going to be like this, like this, it's going to be like this over here,
200		it's like this piece of bone and we'll learn to understand where this is placed,

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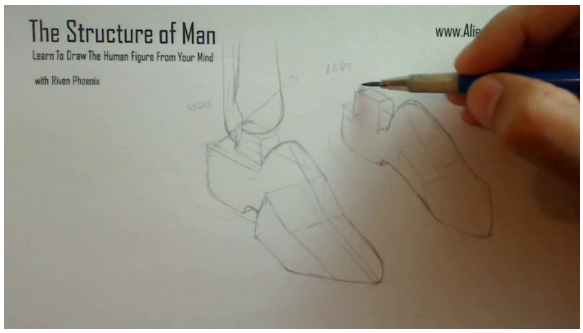
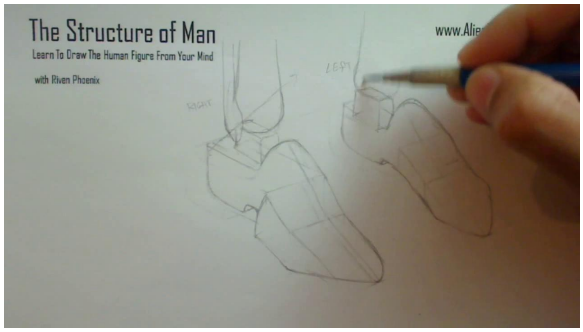
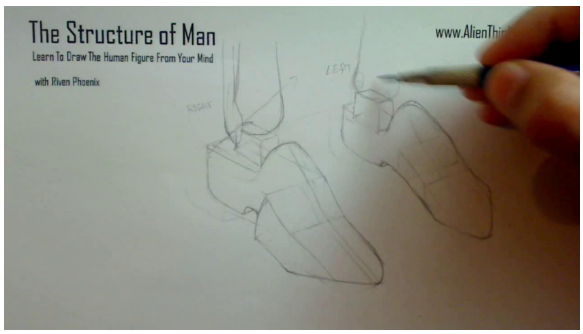
201		right, so again you're going to get your, just imagine like your TBA is over here, right, so this
202		is that point where you're going to get that point in the bone over here, your muscles are going
203		to be here for the foot, this is why it's higher and your fibula is now on the other side,
204		it's going to be on the other side, right, so the muscles here obviously will connect and this is

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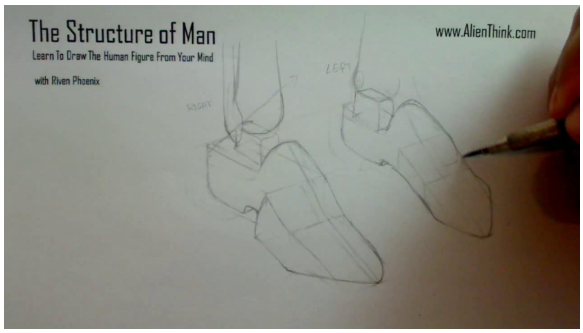
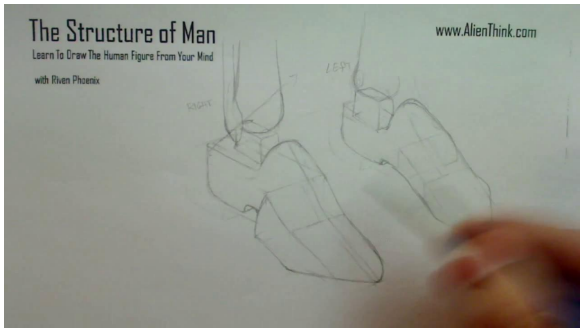
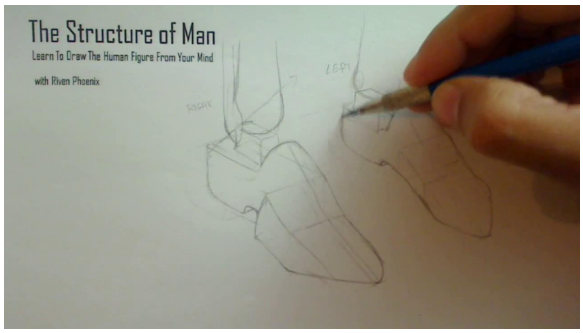
205		where the design of the foot will come, right, so just keep these ideas always with you because
206		now when we look at the formulas for the foot, all of this is going to start to make sense as to what
207		in the world is going on with the foot, right, it's actually very easy to grab this conceptually,
208		right, so here we can see that the foot is a little arched but it's really understanding the

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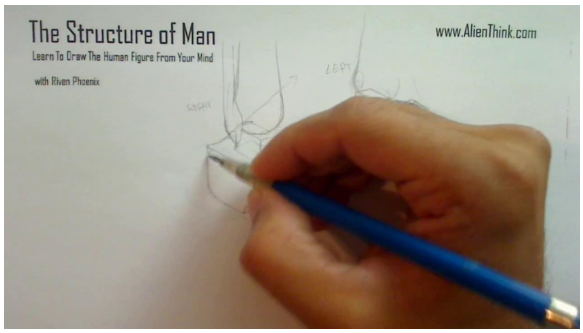
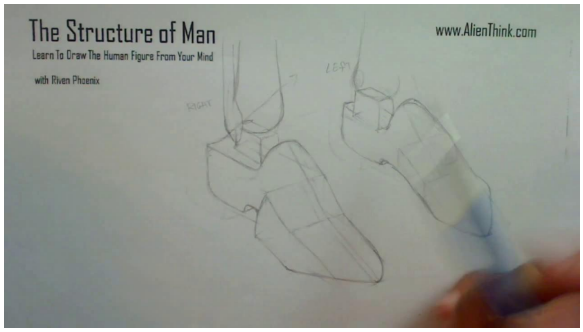
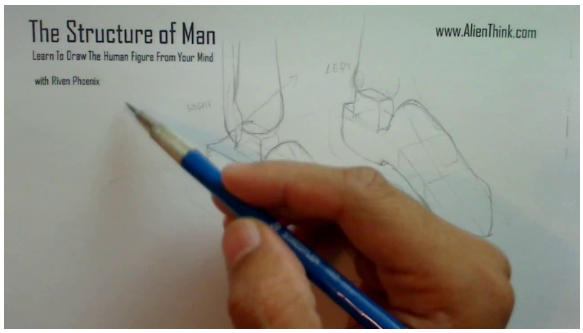
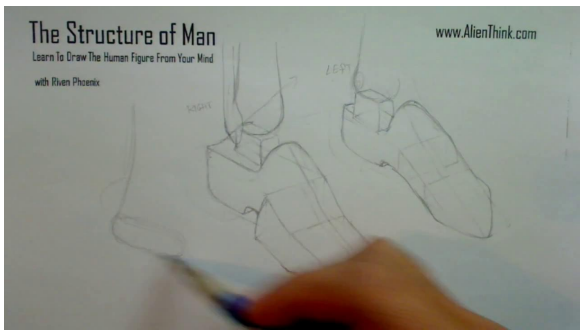
209		secret concept as to what's going on, right, so if we had to draw this free hand right now without
210		the formulas, right, it's very easy, you could even look at this and say okay, well,
211		let's say if we were doing a gesture system and let's say we just drew like this mickey mouse
212		foot over here in our gesture drawing, right, this is how the fit is going, foot is going,

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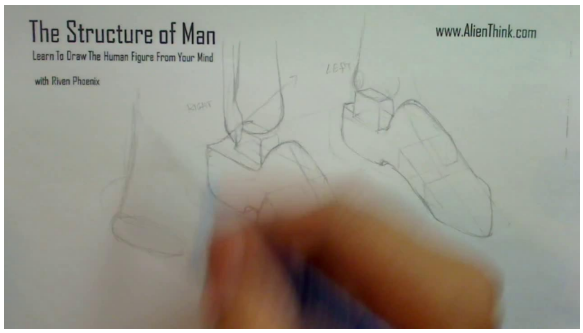
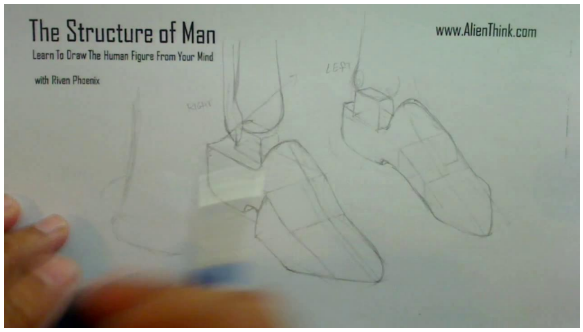
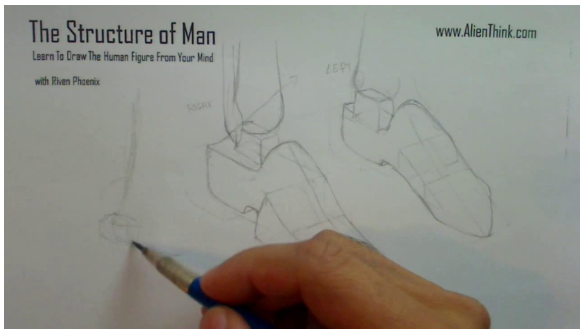
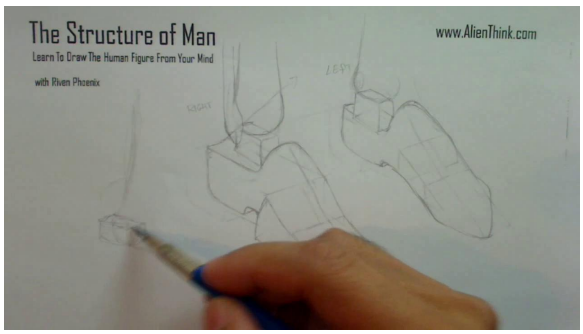
213		we know that this is the first drawing process and the second drawing process we can now imagine
214		this, okay, oh this is going to be easy, we know that really it's just like this idea here,
215		see like this sketching style that I'm doing, this is like feeling your way through it that,
216		okay, well, I just want the foot, I know that really this is the outer, it went like this,

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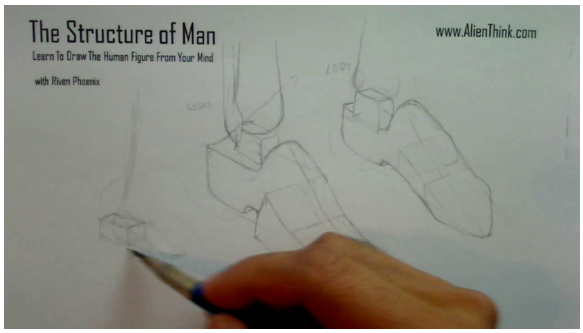
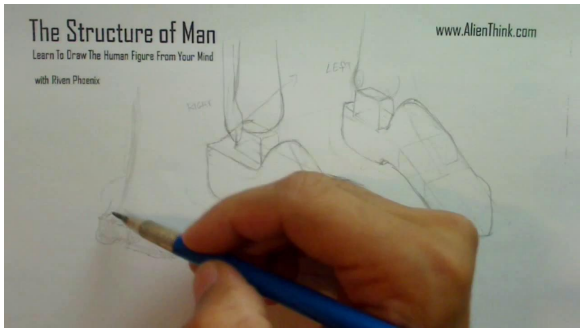
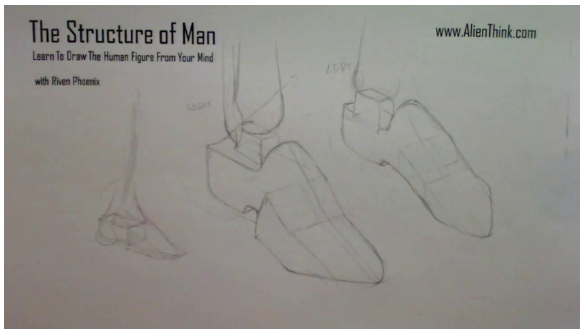
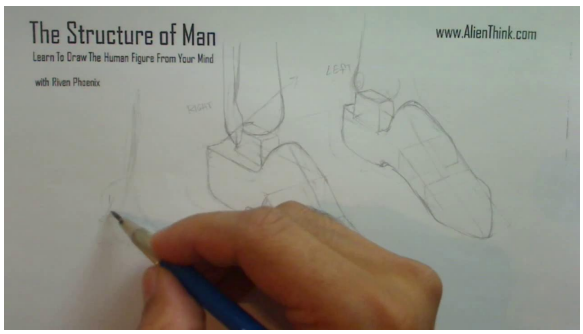
217		we went, we had cut it like this, make it go here and this is really going to be your heel
218		and then it's going to come up, it's going to go this way and you're pretty much done, right,
219		you got the foot and then once you erase it, now you get a much more realistic idea here and remember
220		this is over here, this is the outer foot that we did, so we know that the, the fibula is over here

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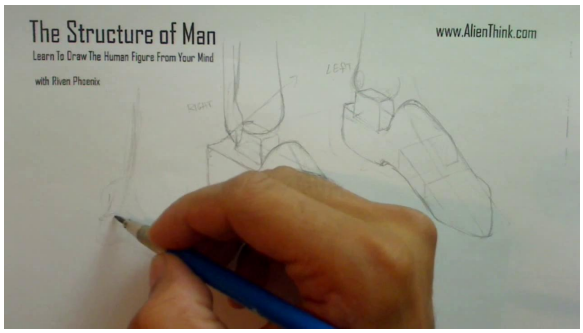
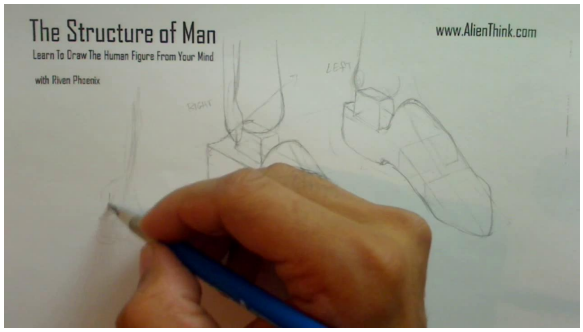
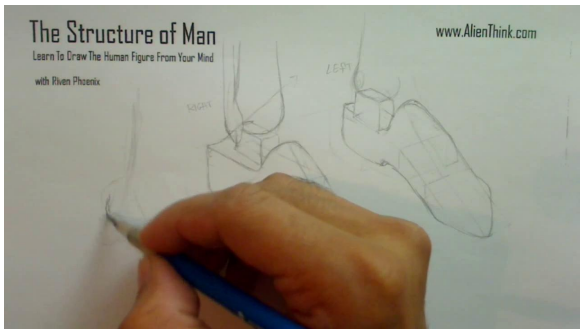
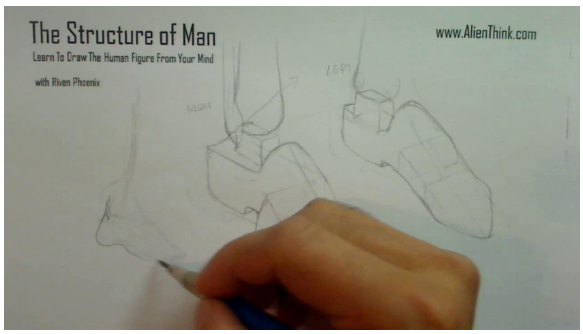
221		and this is why, and understanding anatomy is going to help out because now you know we
222		reput this, right, it's just going to be much more lore over here, right, it's going to be like this,
223		let's say conceptually if we're doing like our cartoonish thing, right, it would be just coming
224		in this way over here and then we know that it's going to go here for the foot and here I mean,

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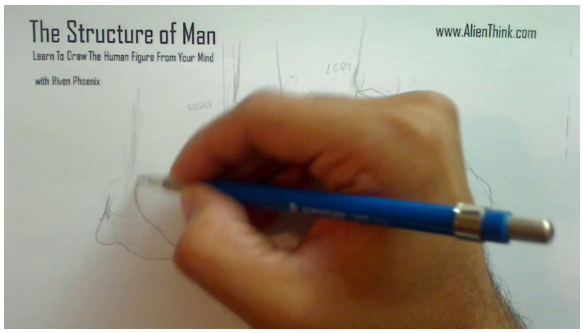
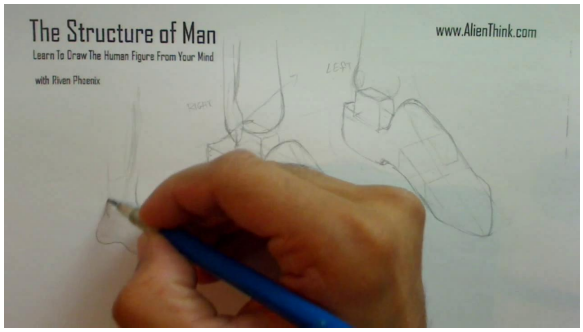
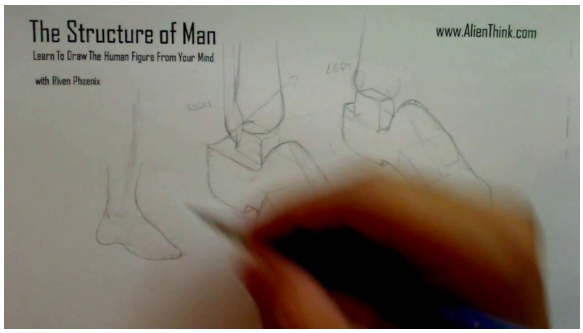
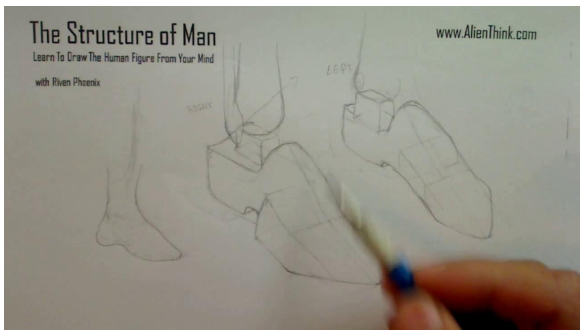
225		you can just go on your way here, right, so you can get a very basic idea of the foot and then
226		add more details to it, right, then we would, this would come down to understanding things in
227		basic shape, that's how easy it's to understand the foot, right, so you can, my recommendation here
228		is to just make sure that you get the concept of how we chasel this out and try to do like

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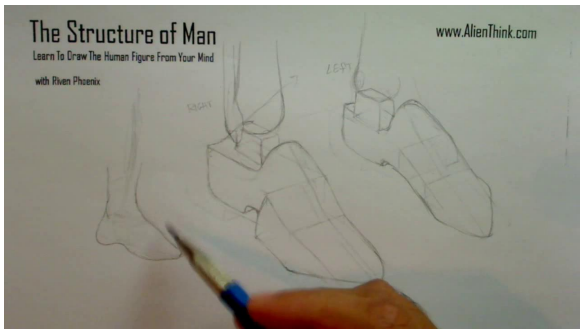
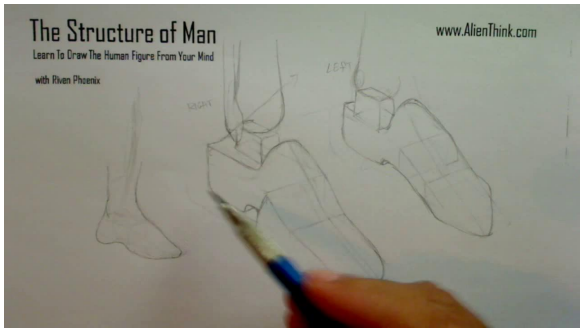
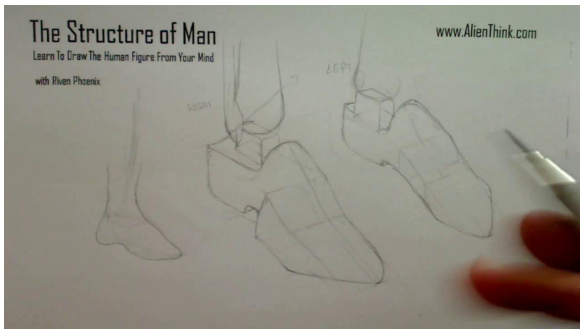
229		some freehand, be able to conceptually put this together, freehand because it's going to help a lot,
230		right, so once you know when we look at the formulas all of these things are going to magically fit
231		together, so I'll see you in the next lesson, thanks.

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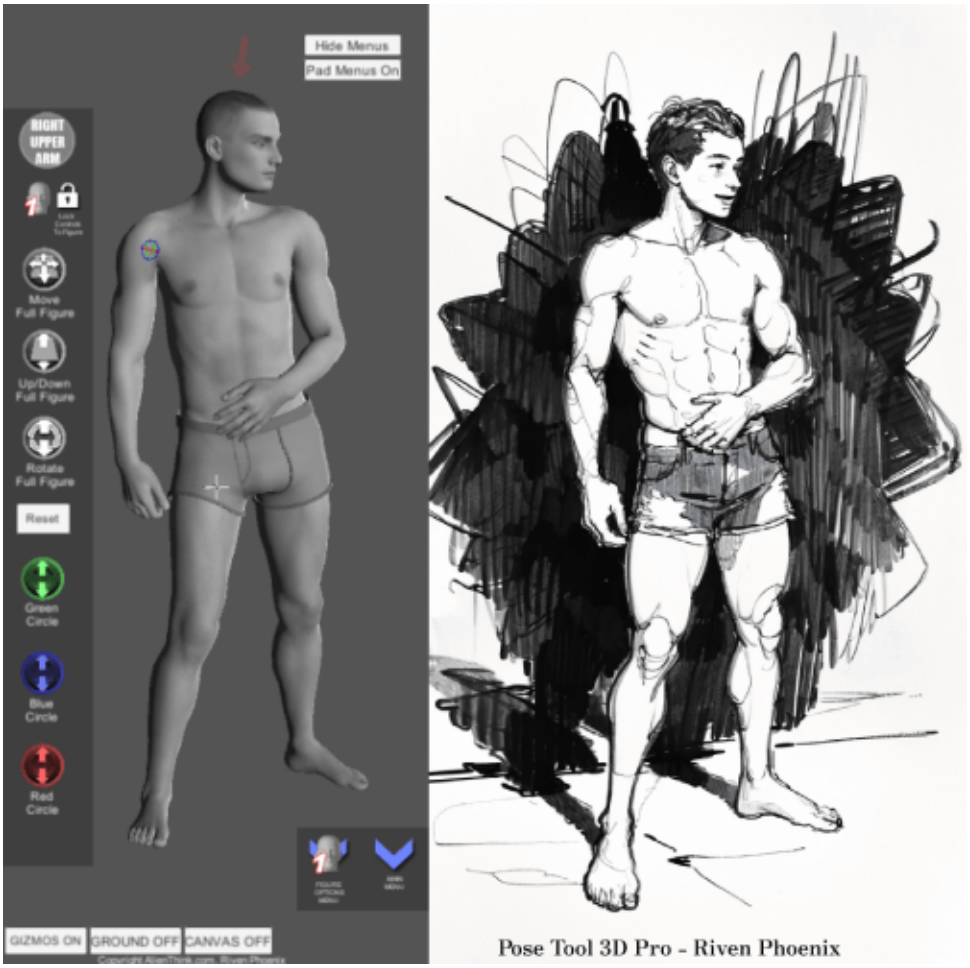

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